K Munro
8 Ritchie Place
Edin

The Edinburgh School
of
Natural Therapeutics,
11 DRUMSHEUGH GARDENS.

X. Alcindo.
5/2/26.

Digitized by the Internet Archive
in 2026

https://archive.org/details/introductiontona0000jame

AN INTRODUCTION TO NATURE CURE

First Edition 1916
Second Edition . . . 1920
Third Edition 1923

AN INTRODUCTION
TO
NATURE CURE

By JAMES C. THOMSON

NATURE CURE PHYSICIAN

Member of the American Naturopathic Association; formerly Superintendent of the Lindlahr Sanitarium, Chicago; and previously with the Healthatorium, Chicago; the Sanatorium, Spring Lake, Wisconsin; and the Sanatorium, Battle Creek, Mich.

WITH CHAPTER ON DIET BY

(Mrs) J. R. THOMSON

LONDON: THE C. W. DANIEL COMPANY
GRAHAM HOUSE, TUDOR, STREET, E.C.4

Printed in Great Britain by the Riverside Press Limited, Edinburgh

FOREWORD TO FIRST EDITION

VARIED and numerous are the vague and peculiar descriptions one hears of the Nature Cure Movement. Here one is told, "Oh yes! It is just gymnastics and fresh air." At another place and time one hears it said, "Yes, I know it well—it is diet and water treatments." Still again it becomes "New Thought and getting your back rubbed"—all of which reminds one of the Indian fable of the blind men and the elephant.

An elephant was captured and brought into the village. Four blind men heard of the occurrence. "Let us go and touch the elephant that we may know what it is like," said one. The first blind man touched the side of the elephant; the second grasped it round the leg; the third felt the tusk; and the fourth took hold of the tail.

Some time later the first blind man started out to describe his impressions. "An elephant is flat, just like a barn door," said he. "Oh no!" said the second. "An elephant is round and rough, just like a tree trunk." "Not so," said the third blind man. "An elephant is round and smooth, like a polished hard stone." "Your descriptions are really ridiculous," said number four. "There is but one thing with which an elephant can be compared, and that is a rope."

The first premise of the Nature Cure school is as follows:—"Man is an entity functioning on three planes of being, the mental, the moral and the physical." From this it is argued that disease may

affect any one or more or all of these sides. No one plan of cure can possibly be equally efficient in restoring health in the numerous ailments affecting each plane. For this reason the Nature Cure physician makes use of any system or plan of cure or any part of any system which will enable him to obtain the desired results. It is because we make use of such a variety of methods that a certain amount of misunderstanding is prevalent as to what constitutes Nature Cure as a whole.

Just as no strand of a rope, however perfect in itself, can equal in strength the whole rope, so no amount of knowledge of any one of the applications of Nature Cure can give a true conception of the whole.

"Allons! whoever you are come travel with me!
Travelling with me you find what never tires.
The earth never tires,
Nature is rude and incomprehensible at first,
Be not discouraged, keep on, there are divine things well envelop'd,
I swear to you there are divine things more beautiful than words can tell.

. . . . . .
Do you see, O my brothers and sisters,
It is not chaos or death—it is form, union, plan—it is eternal life—it is Happiness."

JAMES C. THOMSON.

Edinburgh,
1916.

FOREWORD TO SECOND EDITION

THE extreme condensation which is essential in order that the principles and practice of Nature Cure as a whole may be outlined in such a small volume of necessity involves a certain disproportion of the facts presented.

In order to neutralise this defect to some extent certain changes have been made in the arrangement of the chapters of the second edition. A list of books is given so that the study of any particular branch may be continued if desired.

We take this opportunity to thank the many readers of the first edition who have sent helpful suggestions and criticism.

THE AUTHORS.

16 ALBANY STREET,
EDINBURGH, 1920.

CONTENTS

PAGE

I. "THE NATURE CURE" 11
Crisis

II. IRIDIAGNOSIS 36
Colour of the Eye—Density and Heredity—The Scruf Rim — Psora or Itch Spots — Inflammatory Lesions—Black and White in the Iris — Poison Signs — Alteratives — Bromides—Cinchona—Quinine—Iodine—Coal-Tar Products

III. SPINAL ANALYSIS 76
Chiropractic—Osteopathy

IV. DIET 91
Food Values

V. RECIPES 105
Soups — Vegetables — Salads — Fried Foods and Savouries—Desserts

VI. MENUS 125

APPENDIX 127

BIBLIOGRAPHIES 129

INDEX 133

Nature Cure and Iridology, or Iridiagnosis, are new sciences dealing with recently discovered natural laws and principles, and their application to the phenomena of life, disease and cure. Nature Cure has been defined as "a system of man-building in harmony with the constructive principles in nature on the mental, moral and physical planes of being."

By "constructive principle" is meant that force in nature which works for improvement, repair and upbuilding. When Nature is given unobstructed and unhampered opportunity the tendency is always to repair and rebuild depleted and wasted bodily tissues.

An Introduction to Nature Cure and Eye Diagnosis

I

"THE NATURE CURE"

"The new school does not feel itself under obligation to give any medicine whatever, while a generation ago not only could few physicians have held their practice unless they did, but few would have thought it safe or scientific. Of course there are still many cases where the patient or the patient's friends must be humoured by administering medicine, or alleged medicine, where it is not really needed; and indeed often where buoyancy of mind, which is the real curative agent, can only be created by making him wait hopefully for the expected action of the medicine; and some physicians still cannot unlearn their old training. But the change is great. The modern treatment of disease relies very greatly on the so-called natural methods, diet and exercise, bathing and massage; in other words, giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory systems or the circulation in the tissues.

"One notable example is typhoid fever. At the outset of the nineteenth century it was treated with 'remedies' of the extremest violence: bleeding and blistering, vomiting and purging, antimony and calomel, and other heroic remedies. Now the patient is bathed and nursed and carefully tended, but rarely given medicine. This is the result partly of the remarkable experiments of the Paris and Vienna

> schools into the action of drugs, which have shaken the stoutest faiths, and partly of the constant reproachful object-lesson of homœopathy. No regular physician would ever admit that the homœopathic 'infinitesimals' could do any good as direct curative agents: and yet it was perfectly certain that homœopaths lost no more of their patients than other practitioners. There was but one conclusion to draw: that most drugs had no effect whatever on the diseases for which they were administered." [1]

THE above pronouncement was made by the world's greatest authority on drugs, Dr Osler, of Oxford University, who died in December, 1919. His textbooks are in use in universities wherever English is spoken. This free expression of his opinion of the real value of drugs should be sufficient answer to the critics of the followers of Natural Therapeutics.

No Nature Cure physician could make a more scathing statement of the value of drug therapy, and there is no fault to be found with the first paragraph. His statement on typhoid fever, however, intentionally or otherwise, is wide of the fact. "The remarkable experiments of the Paris and Vienna schools" (which brought about the medical recognition of bathing, nursing and careful attention!) were by no means the commencement of this line of investigation. At least thirty years before these experiments the Nature Cure movement, as represented by such pioneers as Priessnitz, Schroth, Bilz, Kuhne, Father Kneipp and others, had been persecuted by the allopathic and their associated schools. This persecution and legal degradation was suffered at the hands of the orthodox profession for using just such methods as they themselves later "discovered." Medical authorities discovered the Water Cure at the time Dr Braun of Berlin

[1] *Encyclopedia Americana*, vol. x. (Munn & Co., New York.)

wrote an essay on the subject of Hydropathic Treatment of Typhoid.[1]

This essay saved the day, and thus baptized and sanctified the Nature Cure treatment became recognised and found good. At the time of Dr Braun's writing the medical situation in regard to typhoid was pitiable. Their death-rate was consistently in the vicinity of 60 per cent., while that of typhoid patients under the Nature Cure treatment averaged 2 per cent. Even under the medical application of the Water Cure their death-rate immediately fell to about 5 per cent.

Another serious misstatement is in the last sentence of the article quoted. While Dr Osler is right in implying that drugs have no *curative* effect, "no effect whatever" is incorrect; they are, unfortunately, too often harmful in themselves. The fact that the virulent poisons used in allopathic prescriptions have a cumulative effect can be positively proved by the Diagnosis from the Eye. By far the greater number of all chronic diseases are created or complicated through the suppression of acute diseases by means of drug poison, and the destructive effects of the drugs themselves.

Not so long ago, a person who treated human disorders by hygienic, diet, manipulation, water and other treatments was considered a chief of charlatans. A little earlier still we find surgery likewise dishonoured because it was mechanical! It was not sufficiently mystical for the great minds whose place it was to compound strange mixtures from the foul

[1] In passing it may be mentioned that the present fashion of preventive inoculation for typhoid is being bolstered up by false statistics in which typhoid is placed under a number of headings such as *pyrexia, trench fever, para-typhoid*, etc., where patients have been inoculated. "An inoculated patient cannot take *typhoid*."

matter of the animal, vegetable and mineral kingdom. During all the years in which drug therapy held sway there were always a few real scientists who devoted their time to the study of body structure and functions. Discovery was slow because the vast majority of medical men applied their energy to working out the effects of drugs. Many of the facts of anatomy and physiology which are commonplaces of to-day were unknown for centuries because no one thought of studying the body structure. The whole of Nature outside of the human body was looked upon as a great laboratory filled with specifics for the cure of human miseries.

Advanced public opinion is swinging away from the unscientific idea of "fighting symptoms" with poisons and foreign substances. We are reaching the more scientific conception of disease as improper functioning and as the result of interference with Nature's processes. "Cure" to-day is coming to mean a restoration of natural conditions and the removal of physical and mental obstructions with which abnormal conditions are brought about.

The old idea of disease as an entity, an actual "*something*" or evil force which "attacked us" is also, happily for the cause of clear thinking, rapidly passing away. Because of this manner of speaking the symptoms were too often looked upon as "the disease," and the whole energy of the practitioner was directed to covering up and hiding the symptoms rather than to removing causes. Chronic disease as understood by the Nature Cure school is not a positive *thing*, but a negative *condition*. In other words, chronic disease is merely a condition resulting from some interference or obstruction of Nature's normal processes. Usually this chronic stage is

reached, as later explained under Iridiagnosis, after continued suppression of acute symptoms by drug poisons.

Day by day the power of Nature in the preservation and restoration of health is becoming more widely known and recognised. The same force in Nature which heals the wound and knits the broken bone will restore the most chronic sufferer to health if normal conditions are adhered to and obstructions removed. This force or power in Nature is known as the "Constructive Principle."

It should be clearly understood before going further that Nature Cure is not merely a system of curing aches and pains: it is a complete revolution in the science and art of living. The lack of any other system of therapeutics which teaches the real causes of diseased conditions on all planes of being, combined with the rapid cure of chronic and "incurable" cases under our system, has drawn attention to this side of our work. When we see the remarkable changes wrought in a human being by a few weeks or months of Nature Cure living and treatment, it seems not at all improbable that a few generations hence humanity will see a beautiful manhood and womanhood freed from the hereditary taints—mental and physical—of the darker ages.

"There is no such thing as a 'Cure-all'—any remedy or panacea for all ailments—but if there were such a thing *it would be cold water properly applied.*" In print the above appears quaint and far-fetched. In my memory it stands out clear and distinct as a solemn and impressive summing up of the life researches of one of the most patient and competent investigators whom it has been my privilege to meet, Dr Henry Lindlahr, of Chicago. Such an opinion, coming as it

does from a medically trained gentleman,[1] is a remarkable corroboration of the principles taught seventy years ago by Vincent Priessnitz.

If Emerson is correct in his statement that every institution is but the lengthened shadow of one man, then to Priessnitz must be given this position in the Nature Cure school. This acutely observant farmer was enabled by force of circumstances, combined with simple integrity of purpose, to make the first complete break in the bonds of the medical superstition of his day.

Vincent Priessnitz was born in October, 1799, and died in November, 1851, at Gräfenberg, Austrian Silesia. He went to the same school at Freiwaldau as Johann Schroth, but his education was brief. At an early age young Vincent had to work to maintain his blind father. It is possible that the more serious aspects of life thus suddenly thrust upon the unencumbered mind of the young man was the main factor in producing the clean-cut common-sense for which Priessnitz became famous. For let the fact stand forth that Vincent Priessnitz was the first physician the world produced who took his therapeutic stand upon the solid rock of proven facts and relied not at all on mystery and superstition.

His experiments were made first upon himself, and, later, on his neighbours and patients. Priessnitz thus built up a thoroughly independent and sound system of Water Cure.

An eloquent example of his keen observation and penetrating judgment is found in the following free translation of his account of a severe accident and

[1] Dr Lindlahr's principal work, *Nature Cure Philosophy and Practice*, is obtainable from the Health Centre, 41 Margaret Street, W. 1, price 10s. 6d., postage 6d.

subsequent cure wrought upon himself. Note also the self-reliance and the combination of circumstances which gave birth to what has developed into the Nature Cure school of to-day.

"In 1819 I was severely injured and had some ribs broken by the upsetting of a carriage. The doctor who was called declared I could not recover. This was a terrible situation, for my father was blind and helpless and the management of our small farm devolved on me. I was being treated with hot compresses made from herb infusions, but the pain became increasingly worse, till I tore them off in despair. Remembering how I had previously cured a crushed finger by the application of cold water, I covered the affected parts with compresses of the same kind. The relief was immediate, and I fell into a sound sleep. This treatment was continued, and in a few days my recovery was so far advanced that I was enabled to superintend the work of the farm.

"From that time forth I made use of cold water on every possible occasion, in ordinary ailments and in accidents, and with the best possible results. Soon neighbours came to me for help, then sick people sent for me and I became known as a healer. I saw many sufferers and rapidly gained experience.

"Following up my discoveries I came to try heat combined with moisture to make some patients perspire. Many became faint under this treatment and had to be brought to with cold water. From this I was forced back to my first plan of bathing and compresses which had meantime fallen into disuse, and so one thing followed another."

His success in cure was so marked and the satisfaction of patients so emphatic that very soon his

whole time was occupied with patients. In 1826 he built the original "Water Cure Establishment" at Gräfenberg.

The psychology of Priessnitz's success from the historical standpoint is also extremely interesting. At the time that he founded his "Water Cure Establishment" the battle royal between the allopaths and the homœopaths was at its height. So bitter were the allopathic doctors of that day at the theories promulgated by Hahnemann that many of them welcomed the diversion caused by this simple farmer physician.

It is possible that even more directly Priessnitz was indebted to Hahnemann. In 1784 Hahnemann published his treatise, *The Cure of Old-Standing Disease*, in which the use of cold water applications in various forms was especially recommended. Dr Hahn had also some time previously written voluminously on hydrotherapy. It is likely that the original compress application to the crushed finger which Priessnitz mentions as having remembered could be traced to one or other of these sources.

Soon "Water Cure Establishments" and "Hydropathics" began to spring up all over Europe and America. Doctors from all over the world travelled to Gräfenberg to learn from Priessnitz. Schindler, a follower of Priessnitz, thus describes the "studies" of some of these gentlemen: "Arriving, they would commence: 'May we see the troughs and the bathing apparatus? . . . Ah yes! they are so long and so broad and so deep. . . . And the bandages? . . . So long and so wide! . . . Many thanks! We now completely understand.' This constituted a thorough study of the method from the 'scientific' aspect."

These doctors then set themselves up as practitioners of the Priessnitz method, and success did not invariably crown their efforts. Their failures were put

down as failures of the Priessnitz treatment, but this, of course, was not the case.

For the first ten years after the establishment of the Gräfenberg "Water Cure," all patients bathed in the so-called large trough. The water in this bath was used just as it came from the spring (*i.e.* from 36° to 40° F.). It was only after many doubtful experiments that Priessnitz began to individualise his treatment, and the general condition of the patient, his age and strength were taken into account.

The theory he worked upon was that most diseases originate in the accumulation of morbid substances in the body. These, he said, were taken into the body in the form of medicines and also were the result of inefficient functioning of the eliminating organs.

His treatment aimed at eliminating all sluggish and morbid conditions in the body. This he accomplished by various cold-water applications, such as immersion; partial baths for the feet, arms, head or any other affected parts, "packing" the patients in wet sheets, his famous "flesh to flesh" rubbing; cold douches, and wholesome diet.

In spite of his earlier mistakes, Priessnitz clearly showed his correct grasp of the nature of many diseases. Humanity is under a deep debt to him for his practical proofs of the great curative properties of water.

After the death of Priessnitz his work was carried on by his devoted pupil, Joseph Schindler. His motto, "The salvation of mankind lies in being frugal in matters of the body and insatiable in the things of the mind," reflects the character and teachings of Priessnitz perhaps better than anything found in his own writings.

Quickly the idea of drugless healing and its marvellous success became known. The demand for

natural healers exceeded the supply and "Cold Water Cure Establishments" sprang up all over the world, mostly run by men who had neither Priessnitz' powers of observation nor any special training as a substitute for it. The natural result was that the "Water Cure" fell into disrepute among those who experienced the misuse of cold water. These cases were seized on by opponents of the new system and gleefully heralded abroad. The result was that many people were frightened away who might have found relief and cure by these means.

John Schroth, a contemporary of Priessnitz, did much for the cause of natural healing. His knee had been crushed by a kick from a horse and became stiff and continuously inflamed. In this state he one day met a monk who, after hearing the story of his misfortune, took a sharp-pointed piece of wood and pierced the painful flesh, at the same time muttering an incantation. After blessing the wood and putting it in his pocket, he advised Schroth to bathe the knee several times a day in cold water. Schroth rapidly separated the essential parts of the treatment from the non-essential, and decided to give the cold water a trial. As he was a busy man he hit upon the more convenient plan of tying a wet cloth on the knee, covering it with a piece of dry flannel. This he renewed when it became dry. The effect of the compress was extremely favourable. The inflammation decreased very considerably and the pains which had troubled him so much, especially at night time, became less acute. In ten weeks the right knee became as supple as the uninjured one; his recovery was complete.

From that time on Schroth became famous for his compress treatment, which he used on both neighbours and animals. Finding them so completely

successful in curing external wounds, he began to try them on internal disorders. By varying the shape and size of the compress he found his treatment could be successfully applied to the digestive organs, liver, kidneys, etc.

Schroth, like Priessnitz, was a keen observer. He noticed that sick animals left their food practically untouched and drank little or no water until recovery. Moreover, so long as they felt unwell they remained as quiet as possible. This suggestion on the part of Nature he applied with great success to sick friends and neighbours. Another point which struck Schroth was that if his horses drank frequently while driving undue sweating and fatigue were produced, whereas dry food and rare drinking gave opposite results. These observations, and the experiments proceeding from them, originated the Schroth Cure, the principal feature of which is the so-called dry diet.

Schroth built up an extensive practice and restored to health many persons who had been pronounced "incurable" by the orthodox physicians. As a result he was, for twenty years, persecuted and finally brought to judgment as a dabbler and a quack and imprisoned for his crimes.

In spite of the humiliation which Schroth had to suffer the authors of these attacks were forced to adopt his system of treatment. A number of establishments were founded, where the compresses and dietary were copied—and improved upon (?).

To understand the absurdity of most of the improvements it is only necessary to explain the *modus operandi* of the cold compress. The first and transient effect of the cold pack is that the underlying tissues and blood vessels contract, and blood is driven from the part. But "every action is followed by an equal and opposite reaction." The sensory nerves to the

part immediately communicate with the brain, informing headquarters that there is an excess of cold locally. The vaso-motor nerves are set to work ; the blood vessels expand and the part becomes suffused with blood, heated, and the heat is communicated to the pack. It is this moist animal heat, combined with the magnetic influences set to work thereby, which makes this one of the most valuable healing agents when properly applied.

The "improvements" effected by the orthodox "quacks" clearly show their lack of understanding of the above. Their ice pack drives the blood away from the part, but as the cold is so excessive the vaso-motor nerves dare not allow the blood to come in close contact with the cold surface. Hence the blood is permanently withdrawn so long as the ice pack remains, and to a greater or less extent decay and destruction sets in at the part. The other improvement—viz. the hot poultice—certainly heats the part, but in this case the heat, being of a purely artificial nature, tends to slightly coagulate the blood and render it of a somewhat collemic or gluey nature. Hence the circulation is impeded instead of accelerated at the parts, and magnetically no benefit accrues. A recent attempt to get the benefits of the cold compress without actually using it is known as Bier's hyperemia. By this means the blood is congested at the affected part and held there. As, however, the blood is practically stagnant, its curative power is reduced to vanishing point and the valuable magnetic qualities are lacking.[1]

[1] From the magnetic standpoint the most valuable time for sleep seems to be between the hours of 10 P.M. and 2 A.M. We are farthest from the sun at that period. Daylight Saving should bring about very good results in the general health of the people by advancing the hour of retiring.

Another hardy pioneer of the Nature Cure Movement was Father Kneipp, a Catholic priest of Worishofen. Through his own personal experiments he found the great benefits to be derived from simple means of cure. His cure became famous throughout Germany, and his advice was sought by thousands yearly.

As a consequence of the publicity resulting from the cures wrought by these and other men, the medical profession began to treat all feverish diseases by lowering the temperature. Doses of quinine were given and the patient was placed in a bath of ice water. As a result many died, some actually during the bath, but these were given out as failures on the part of the water treatment.

Then came the homœopaths, who taught the public that they need not take strong drugs in order to get well. Then came the Ling Methods of Hygienic Gymnastics. Unfortunately, the majority of the followers of any one of these methods knows only his own system and refuses to investigate any other. The modern Natural Therapist endeavours to combine all that is good in all methods, while at the same time refusing to be overawed by the passing fancies and authorities of the hour. As explained later, "the diagnosis from the eye" has given us a solid foundation upon which to build. Iridiagnosis is a standard by which a rapid and accurate estimate may be reached of the value of any system of therapeutics.

Now, no one of these methods can justly claim to be a universal cure. In both chronic and acute cases one or another method of treatment may have to be renounced. It is by refusing to look upon any one particular method as universally effective that we try to save ourselves and others from disappointment. The duty of the conscientious physician must be to find the treatment most suitable to the individual.

It matters not where the idea may have originally sprung from. If it is effective in the cure of any diseased condition it is emphatically a part of Nature Cure.

It is a common experience of those who are enabled to recover health by Nature Cure means that they have tried practically every other method previous to placing themselves under the care of the Nature Cure physician. Allopathy, Christian Science, Osteopathy, Fasting, New Thought, Breath Culture, Vegetarianism, etc., are each tried in succession, sometimes with slight benefit and sometimes otherwise, according to the individual peculiarities and needs. The best illustration of the Nature Cure application to such a case is somewhat as follows :—

A heavily laden wagon (the patient's overclogged system) becomes stuck on a hill. The horse is removed and another is put in its place ; that fails, and it is replaced by still another (various means of cure). Finally it is decided that *all* the horses (Nature Cure) shall be harnessed up, and without great effort the wagon is enabled to continue its journey.

The Nature Cure practitioner works definitely with a patient as one who may be diseased on any one or more or all planes of being. A person may be diseased on the physical plane as recognised by the orthodox schools, but his disease may be primarily of a mental or moral nature, manifesting itself physically. The orthodox physician confines himself solely to physical treatment. He is in no way concerned with the spiritual body and soul of his patient. He will explain the mental, moral and psychic phenomena as the result of physical disease or weakness. He may be compared to the pianist who would say : " There is nothing in music outside of the piano : if the piano is kept in good condition and properly

tuned there is no need for knowledge of the laws of harmony."

On the other hand, the metaphysicians and Christian scientists are sincere, self-deceived persons who may be compared to the artist who tries to produce music from a piano which may be full of cobwebs, broken strings and faulty hammers. They ignore the needs of the physical body and sometimes even go so far as to deny its existence. Their knowledge of the laws of harmony and technique may be perfect, and they may even bring themselves to believe that the result of their efforts is divine harmony. The onlooker will not require to have his attention drawn to the fact that they are producing only discord and disease instead of harmony and health.

Of course we make no attempt to belittle the many marvellous cures which have been wrought in particular cases, not only by Christian Scientists, but by any one of the numerous other therapeutic agents when the individual needs happen to coincide with what is offered by the particular system. In every individual there are, as it were, three men—the physical, the mental and the spiritual man. Health would be the perfect functioning, equal and harmonious balancing of all three planes in relation to each other. In any abnormal or diseased condition any one or all of these planes may be involved.

For instance, a man may be physically sick, meaning that he may be suffering from some condition originating primarily within the physical realm, and removable by correcting some error of the physical body, as of diet, dress, intemperance, overwork, sexual abuse, tissue displacement, breathing, unclean habits or lack of muscular development.

Or he may be mentally ill. The mental atmosphere may be clouded by worry, disappointment, envy,

greed, malice, hate, anger, bigotry, intolerance, jealousy, religious fanaticism and so on, down through the whole terrible catalogue of vampires that prey on human happiness.

And still again the sufferer may be spiritually unhealthy. Aspiration towards the higher life may be weakly, or may be even practically non-existent; his love for the artistic and the beautiful, his appreciation of music, his æsthetic taste and altruistic sense may be atrophied or undeveloped. His ideas of philosophy and religion may be wholly copied from others instead of being self-evolved. Intuition and spontaneous action of the mind may be partially or entirely lacking. The spiritual side of his nature may be practically dead, and when spiritual growth ceases the individual just as surely begins to die—physically, mentally and morally. These three planes are so interlaced that any disturbance in the normal functioning of any one affects more or less the workings of all three.

While on this subject and while still desiring to encourage investigation and exploration into the vast deeps of consciousness through which we float, we would warn the reader against allowing himself to be made the victim of what has been aptly termed "*the great psychological crime.*"

On the psychic plane it is in the application of half-baked learning that the greatest danger lurks. It has become fashionable recently, inside and outside of scientific ranks, from the highest to the lowest, to experiment with a practice of the most dangerous character. It is known under various names, but Hypnotism and the misleading title of "Suggestive Therapeutics" may fairly cover the field.

Never in the whole history of medicine has a method so potent for evil been experimented with. The

experimenter invades the inner sanctuary of life itself. With coarse and clumsy fingers he attempts to play upon the finest strings of psychic harmony—the very holy of holies of the individual being.

The hypnotist controls the will and voluntary powers of his subject during hypnotic control, and only in so far as this is true does hypnotism exist at any time. Conversely, in so far as the will and voluntary powers of the individual are under his independent control to that degree, he is free from hypnotic control.

Now, no man, however great and wise or however good his intentions, should be allowed to take the reins of self-control from your own hands. Allow no crude, coarse and meddling hands, no matter how pious and renowned, to control the powers of which you alone should be master. Nature does not take cognisance of intentions. The intent of the operator may be wholly good, yet disastrous results are inevitable.

The greatest problem of mankind is how to free himself from the hypnotism of outside thoughts and ideas that come to him from the dead past.

Mankind will be free only when he throws off all repression and asserts himself supreme above all forms of suggestion, and individually becomes responsible to himself for a properly balanced growth.

Whatever relief is obtained by means of hypnotism or so-called mental suggestion, it has to be paid for in the most precious coin of the world—the loss of your own individuality, the destruction of your very ego. You must be yourself, under pain of losing all that makes you an entity.

To summarise: "The true artist realises that the player (Mind) must study harmonics (Soul) and have his instrument (the Body) in perfect condition before

he can interpret artistically a beautifully balanced symphony of life. In similar manner the Nature Cure physician looks for cause of disease and for means of cure upon the MATERIAL, MENTAL and the PSYCHIC planes of being."

Crisis

"Diseased Nature sometimes breaks forth
In strange eruptions."

The healing crisis is an acute reaction of the body brought about by improvement of the vital forces, enabling them to eliminate from the system the diseased conditions and accumulations. Its tendencies are towards recovery. The term "house-cleaning" has also been applied and explains the process to a nicety.

As a rule a chronic patient coming under natural treatment experiences a few weeks of slight improvement. Between the fifth and seventh weeks a period of acute eliminative activity sets in. This may take the form of fevers, skin eruptions, diarrhœa, abscesses, inflammation, colds or any other of the acute means by which Nature endeavours to eliminate from the body the accumulated diseased matter.

This eliminative crisis is never attempted by the body until the vitality is sufficiently strong to bring about a satisfactory termination. The healing crisis, therefore, however unpleasant and even painful it may be, is never harmful or dangerous to the patient so long as instructions are followed. Should either the method of living or the condition of the patient be unfavourable to rapid regeneration, the "crisis" will be proportionately delayed.

This crisis in individual cases generally takes the form of the acute diseased conditions through which the patient has previously passed, and which were suppressed by means of drugs, etc., in process.

If nerve force is shut off in any way by subluxation, accumulation of impurities along the course of the nerve, or from the effect of drugs upon the nerve centres, etc., the effect is that the vibratory activity of the cell is slowed down, and effete matter begins to collect.

If the correct treatment is given this cell activity is increased. This increased vibration of the cell tends to throw off matter which has accumulated therein, and as a result the blood stream and depurative organs go through exactly the same symptoms as they previously manifested at the time when the suppression of the acute disease caused the clogging of the cells.

A wheel driven at a certain speed will keep itself clean by its friction through the air. Should it slow down there is a tendency for dust to gather upon it. If this decrease in speed continue over a lengthy period the wheel will become somewhat thickly coated. If, when this has occurred, the speed of the wheel were again increased to normal, the dust would be thrown off into the surrounding atmosphere and the wheel would again become clean. This is a very good illustration of what happens in a microscopic way in the cell as a result of regenerative treatment.

Thus, properly speaking, disease is resident in the cell. The human organism is made up of blood and tissues, which in turn are made up of many millions of minute cells. These cells have to be magnified several hundred times before they become visible.

Now understand well that each cell is a living being, which lives, performs its functions, multiplies and dies. It holds the same relationship to man that man holds to the world around him.

The well-being of man depends upon the health and proper functioning of these tiny cells. If they are well, he is well; if they are unhealthy, he is sick.

To cure the man the cell must first be freed from its encumbrances.

Here the orthodox practitioner might be inclined to say: "But why do you speak as if you held the monopoly of eliminative treatment and the bringing about of healing crises? What are our laxatives, diuretics, cathartics, diaphoretics and tonics for but exactly that purpose? There is nothing that can beat calomel, followed by a dose of salts, to stir up a sluggish liver and clean up the intestinal tract. Pilocarpin produces profuse perspiration, while squills and buchu are splendid kidney stimulants.

"All this is accomplished without resorting to unpleasant and barbarous baths, compresses and manual treatments, while our method is also so much more dignified and professional."

Now, while admitting that the external results produced are the same, the final effects resulting from these poisonous drugs are far removed from the healing crises brought about by natural living and methods of treatment.

Calomel (a mercurial preparation) is a favourite liver stimulant, laxative and cathartic.

All laxatives and cathartics are poisons, and it is only because they are poisons that they can produce their peculiar drastic effects. The tissues and organs with which they come in contact, recognising them as dangerous, try to eliminate them from the system as rapidly and forcibly as possible. In order to do this the cells of secretion and membranes of the liver and intestinal tract rapidly increase their secretions and thus produce forced evacuation. This forcible purging may artificially and superficially increase the bile secretion and incidentally cleanse the intestinal tract, but the effort has been toward eliminating the mercurial poison. The individual cells have not been

cleansed of their impurities. Action is followed by opposite and equal reaction. The temporary over-irritation and stimulation of the sensitive membranes is followed by weakness and exhaustion, which necessitates still larger doses to overcome the increased atrophy and thus hastens degenerative changes.

The drains and sewers have been forcibly cleansed, but the interior chambers of the house are untouched. The cells are still encumbered with morbid matter. It is only through the initiative of the vital forces of the body that genuine and effective house-cleaning can come; through healing crisis and not through stimulation by poisonous irritants.

When, through careful, natural living and treatment, the system has been adjusted, toned up and aroused, the cells themselves begin their work of house-cleaning. Their morbid encumbrances are thrown into the blood stream and carried through the veins to the depurative organs—bowels, kidneys, skin and mucous membranes of the respiratory tract. From this overloading and irritation result diarrhœas, catarrhs, fevers and other eliminative processes.

Toward this end hydropathic treatment, active and passive exercise, scientific food combination and selection, and manipulative treatment, together with air, sun and light baths, mental therapeutics and normal suggestion, breathing gymnastics and magnetic treatment may in a natural manner stimulate the body to increased eliminative effort. Osteopathic and chiropractic manipulations correct subluxations and remove obstructions from the course of nerve and blood currents.

From this it follows that flushing the colon with water, laxation by non-poisonous herb remedies, forced sweating by means of steam and other hot baths, cannot be called natural means of cure. These

are but simpler methods of irritating the organs of elimination into forced activity, without at the same time awakening the cells in the interior of the body to natural eliminative effort.

Dr Lahmann's experiments in these matters are of great interest. Ordinary exercises gone through out of doors in the sunshine produce a natural perspiration in certain patients, which evaporated and analysed, contained poisons powerful enough to kill rabbits. The same patients were put in Turkish baths and the perspiration, when evaporated and analysed, contained practically no toxic matter, showing that artificial sweating does not eliminate diseased matter. Forced secretion and the elimination of diseased matter are two entirely different processes. The cells of the body cannot be forced to elimination by irritants and stimulants. The body eliminates accumulated morbid matter only in its own peculiar manner and when conditions are entirely suitable.

The objections to irritant eliminators hold good under certain circumstances with regard to fasting. In certain sects this has become an extremely popular panacea. It is, however, a matter which requires rather careful study, as harm may easily result from over-enthusiasm.

From the time Kuhne gave out his idea of disease as an accumulation of waste and morbid matter in the body, many naturists have assumed that fasting offers the best and quickest means for eliminating this encumbrance. There would be no objection to this in cases where the encumbrances consisted merely of superfluous flesh and waste matter from excessive eating and the partaking of too much liquid. In many cases, unfortunately, diseases have their origin in chemical causes, lowered vitality and in negative

conditions of the body and mind. In such conditions fasting will usually aggravate the conditions instead of alleviating them. Even in some cases where good may seem to result, the patient may be in a worse condition within a short time than he was at the commencement of the experiment. Many a highly strung constitution has been permanently injured by long fasts, continuing over many days and weeks. Lengthy fasts should never be undertaken unless under the direction of a competent adviser.

When a patient is of the fleshy type, with tendencies to uric acid troubles, gout, constipation and other indications of improper food selection, fasting may be immediately desirable. In such a case the body has been acting somewhat after the manner of a sponge, absorbing the nutritive elements from the alimentary tract. Fasting in such a case simply reverses the process—the sponge is squeezed and the impurities are thrown back into the intestinal canal.

But there is another aspect to be taken into consideration. When the acid-binding and eliminating salts have been deficient in the diet over a lengthy period, a different problem confronts us. In such cases the various deposits formed throughout the body require to be broken up by rendering the blood alkaline, and so by chemical means stirring them up again into the circulation. Only when such a stage has been reached is fasting indicated and desirable.

It is impossible to supply these essential solvents and eliminators except by proper diet. When this has been done in sufficient quantity fasting supplies the needed opportunity by allowing all the energies of the body to be concentrated on the one eff rt of elimination, while permitting the organs ordinarily used for assimilation to temporarily reverse their function.

Not until the mind and the body, or rather the cell, are ready to begin their work of elimination in a whole-hearted manner has the proper physiological and psychological moment arrived to commence a fast.

To recapitulate: The healing crisis is a house-cleaning effort on the part of the body induced by a rational diet, along with correction of mechanical obstructions and various other methods of natural treatment suited to the individual needs permitting the blood to regain its normal condition. This causes the kidneys, skin, bowels, nerves and every cell of the body to commence a period of acute activity with the purpose of ejecting all encumbering matter. These waste materials are carried in the blood stream and are thrown out by the various organs of elimination by special efforts which may take the form of diarrhœas, skin eruptions, fevers, abscesses, catarrhs, etc. Even the mucous membranes of stomach and bowels are required in this house-cleaning effort as indicated by lack of appetite, coated tongue, biliousness, fermentation and other digestive disturbances, accompanied by mental symptoms, such as depression, hopelessness, homesickness and irritability. As these are indications that assimilating efforts have ceased, and that the whole efforts of the body are toward elimination, we consider that any attempt to force food on the system at such a time would tend to check the eliminating tendencies.

It is all-important that the body should be properly prepared by diet before a fast of any considerable duration is undertaken. During a lengthy fast it is necessary to keep all the eliminating organs at work, and in order that the intestinal tract may not become clogged with effete matter, it may be necessary to keep it clean in a purely mechanical way by enemas.

In patients of the nervous or mental type fasting may be a dangerous procedure.

In warmer climates the drinking of large quantities of water may be perfectly harmless, as the excessive perspiration will prevent any water-logging of the system, this being a common occurrence when the experiment is tried in this country. The belief that such a practice can be of benefit as a means of "flushing out of the system" is entirely erroneous. The greater part of the work of digestion, assimilation and elimination is of a chemical and not of a mechanical nature. Hence this attempt at mechanical cleansing only results in diluting the gastric and other digestive juices, bringing on a dysæmic condition of the blood and setting up a condition where the tissues of the body are saturated in water—water-logged.

II

IRIDIAGNOSIS

THE first essential to intelligent treatment is correct diagnosis, but methods of diagnosis vary as much as methods of treatment. On the one hand is the metaphysical healer, who says: "All is mind, there is no disease, and therefore diagnosis is unnecessary." Such utter disregard of existing conditions usually results in absurd situations and even in danger to life. The following is a case in point.

Mrs S. for some years had lost the power of her left arm and suffered intense pain in the forearm and hand. She had taken treatments for one year from local faith healers, without the slightest benefit. The Eye Diagnosis showed irritation in the upper spine, and Osteopathic manipulation revealed and enabled us in a few treatments to adjust a rotated thoracic vertebra, thereby removing the abnormal pressure on the nerve passing out under it. Within a month all pain had gone and the patient was using her arm freely. This is a good instance of the use of diagnosis combined with simple natural treatment. It may be well to mention here that, previous to the faith cure, this lady had spent eighteen months and a small fortune with specialists of the "regular" school.

On the other hand, the methods of diagnosis employed by the medical practitioner are complicated and elaborate, but leave much to be desired in order to secure correct results. In too many cases the vaunted learning of the profession, with its intricate

apparatus of test tubes, microscopes, ophthalmoscopes, chemical analysis of blood and excreta, stomach pumps and so forth, is utterly inadequate to give satisfactory explanation of diseased conditions until a post-mortem examination has been made. This is principally due to the fact that the "regular" practitioner pays too much attention to superficial symptoms and local pathological conditions, and practically none to underlying causes. Greek and Latin names cover a multitude of uncertainties in the medical world, and nobody knows this better than the experienced physician. The reason for this unsatisfactory state of affairs is not difficult to find.

Ordinary physical diagnosis relies almost wholly on the subjective symptoms of the patient; in other words, on the patient's description of his pains and sensations; and as every one of these may have from ten to fifty different causes, it naturally follows that conclusions drawn therefrom are unreliable. Another drawback to this method lies in the fact that, in order to save us from excessive discomfort and pain, Nature has made the inner organs almost devoid of feeling. Very serious conditions may exist in the stomach, liver, spleen, kidneys, etc., without the patient being aware of it. We have all known consumptives with partly destroyed lungs who felt no pain and were certain of a speedy recovery. Then again, a diseased condition in an affected organ may by reflex action cause abnormal sensations and pains in distant parts, while in the abdomen the organs lie in such close proximity that it is often impossible by "physical diagnosis" to tell whence the symptoms come. To help us in these difficulties Nature clearly indicates in the iris of the eyes the location and nature of the trouble. It is the art of reading the meaning of the

markings, spots, and shades of colour in the iris which constitutes Iridology or Iridiagnosis.

There are those who claim that iridology was known to the ancients, and it has been stated that the monks of Tibet, many centuries ago, told what ailed sick people from the eyes alone. About the beginning of the nineteenth century Frederick Hauffe, "The Seer of Prevost," is reported as "being able to see in a person's eye what was the matter with that person." Many of the old shepherds in Scotland claimed to diagnose the ailments of their sheep by means of the markings in the eye, and this is perhaps the nearest approach to any working knowledge before Peczely's discovery.

Ignaz Von Peczely, a doctor famous in Hungary toward the end of last century, partly because of his conspicuous success in curing hundreds of deaf and dumb children, made the discovery of Diagnosis from the Eye by accident. He told of it as follows:—"I was only eleven years old when one day I caught an owl, which made vigorous attempts to escape. While struggling with the bird I broke one of its legs. At the moment the leg snapped I happened to be looking sharply into the eyes of the bird, and noticed the immediate appearance in the lower part of the iris of a black spot. I kept the owl as a pet, put splints on the broken limb, and as the fracture healed I saw that, although the spot in the eye remained as noticeable, its characteristics gradually changed. It became surrounded with a white border [1] and finally overdrawn with a white film." [2]

This incident made a lasting impression on the mind of the future doctor, but other matters took up his attention for a time. As a youth he became involved in the revolutionary movement of 1848, and was sent

[1] Indicating inflammation.
[2] Denoting the formation of scar tissue in the broken bone.

to prison as an agitator and ringleader. While in prison he had abundance of time to think things over, and recalling the incident of the owl, began to make careful observations and soon became convinced of the importance of his discovery.

On his release he took up the study of medicine in order to develop and confirm his discovery in the dissecting and operating room. He graduated with honours at Budapest University, and became a Doctor of Medicine at the Vienna University in 1867. In the surgical wards of the college hospital there he had many opportunities of examining the eyes of patients before and after operations and accidents, and in this way built up the first accurate Chart of the Iris.

With an assistant, Dr Von Peczely worked hard on his discoveries for many years. His fame spread abroad, and it is said that he was sought by twenty thousand patients yearly. The publication of his book, *Diagnose aus die Augen*, caused a great sensation, and a few years later he gave a lecture on " The Diagnosis from the Eye " in London during a medical congress. The president of this congress refused to allow the lecture to be published, as being " of an absurd and dangerous character." Shortly after this Peczely totally broke down, and never again left his room. He died in 1911.

Since he made his discoveries public, many well-known scientists and painstaking observers in Austria, Germany, Sweden and America have given their lives to the work of perfecting this wonderful science. As a body the regular schools of medicine have ridiculed and ignored it. The reason for this may be that it so clearly discloses the fallacy of so many of their favourite theories and practices. On the other hand, the few students and doctors who have taken up the study of the Diagnosis from the Eye have

appropriated it in an emphatic and enthusiastic manner.

From thousands of careful and conscientious observations the following may be stated as positive scientific facts :—

The undamaged iris of the eye by certain colour and other changes reveals altering conditions in every organ and part of the body, every bodily organ being represented in the iris in a certain well-defined area (see Chart, p. 51). Contained in the iris of the eye are an immense number of minute nerve filaments, which receive impressions from every nerve trunk in the body. These nerve filaments act upon the surrounding muscle fibres and small blood vessels, which are so altered in shape or colour as to indicate changing abnormal conditions in the corresponding organ or part.

By means of various marks, signs and discolorations in the iris, Nature reveals inherited disease taints, such as psora, scrofula and sycosis. In the same manner catarrhal, inflammatory, destructive and other changes in tissue, drug poisoning of all kinds, the result of local injuries and of surgical operations are recorded. By means of the eye alone it is possible to tell the patient his inherited and acquired tendencies toward health and disease, his condition in general and the state of every organ in particular. By careful observation predictions as to future states of health (prognosis) can be foretold with almost mathematical accuracy.

As the eyes reveal even from their inception dangerous accumulations and changes in the vital organs, it becomes possible, by correct methods of cure, to avert the threatened disease. In this direction there is much scope for progress.

Iridiagnosis clearly reveals the gradual purification of the system from morbid matter and the return to

normal conditions under the regenerating influences of natural living and treatment. In a positive manner it also confirms Hahnemann's teaching that all acute diseases have a constitutional backing of certain hereditary and acquired taints.

The after effects of the suppression of disease symptoms, by means of alterative medicines, leave such a bad record in the iris that no eye diagnostician would dream of using them as a means of cure. The Eye Diagnosis distinctly proves that symptoms are the outcome of diseased conditions, and as such do not require special attention, but automaticaly disappear as the diseased condition is cured. All real cures must be natural cures. All suppression of symptoms must be of a harmful character, because it deals with effects instead of cause, and constantly leads away from the normal; and because it is in itself destructive, and fosters a belief in poisonous drugs and surgical operations in place of personal effort and self-help.

Colour of the Eye

The normal colour of the iris of the eye is the only question of importance on which iridologists have disagreed. Peczely, the discoverer, Drs Lahn and Lindlahr, the American authorities, and Liljequist, the pastor-explorer of Stockholm, unite in the opinion that blue is the original and normal iris colour of the Indo-Caucasian races, and that among the descendants of this race the dark or brown iris is a sign of abnormal conditions of the body. Thiel, of Elberfeld, leans to the view that the general colour of the iris is not a question of pathology, but the result of racial and climatic influence. Felke, "the Clay Parson," of Repelen, argues both positions with equal force.

The author's opinion is that views have not been freely expressed by many investigators in case of stirring up partisan feeling and offending the brown-eyed. A scientific investigation should not allow these considerations to carry weight, and the following may be taken as an unbiased opinion.

The normal iris colour of pure-blooded Aryan races is a light blue, without any signs, marks or discolorations whatsoever.

Darkening of the iris colour into darker blue, ashy grey or brown among descendants of this race is always an indication of impure blood, due to either an admixture of the blood of other races or unnatural habits of living, or to the unnatural treatment of disease.[1]

Children of Aryan descent with dark eyes, who come under correct management of diet, bathing and the treatment of disease, will find their eyes grow lighter and gradually become a light blue.

The iris of infants becomes darker and assumes various abnormal discolorations under unnatural management of bathing, feeding, etc., after suppression of acute diseases and after vaccination, lymph and serum treatment, drug poisoning, etc. At the moment of birth all children have a blue iris ; this may change within a few hours to brown or ashy grey, but it serves as an indication of what is normal in iris colour.

[1] To impress this on the memory take note of the eyes of the old people you meet, and note that the vast majority have blue eyes—the dark-eyed are more inclined to die young. The eyes of nearly all habitual drunkards will also be found to be blue ; the brown-eyed have not the vitality to throw off the effects of such excesses. Next visit an insane asylum and you will find the result of excesses on the brown-eyed. The iris colour is about seventy-five per cent. brown in these institutions.

In short, darkening of the iris indicates deterioration of health. With improvement in health the iris colour becomes lighter.

Density and Heredity

Heredity, as affecting the health of the individual, is principally indicated by the "density" of the iris. Colour, other than pigmentation caused by racial influence, indicates the purity or impurity of the tissues and blood, while density is the measure of vitality, power of resistance, recuperative force, etc.

To understand what is meant by density it is necessary to know something of the structure of the iris. The iris is built up of an immense number of minute nerve filaments, muscle fibres and tiny capillaries. The outer layer is made up of nerve fibres, which enter the iris from the outer rim, approach the pupil and then pass out again. These nerve bundles thus form pyramids, the bases of which rest on the outer rim of the iris, and the apexes point to the pupil. These nerve fibres evidently are connected with all nerve trunks of the body, as they portray exactly the passing changes in every part of the organism.

The innermost layer of the iris is made up of connective tissue, thickly covered with dark pigment cells.

If these structures are normally developed and arranged so that they lie in straight, smooth, even layers, then such an iris is of normal density and presents a surface resembling mother-of-pearl in tone and lustre.

In an iris of poor density the structural units are unevenly arranged and developed ; some are large, others shrunken or completely obliterated. At some spots the fibres are massed in bundles ; at others they

are entirely displaced, so that the darker underlying pigment layers show through, giving the appearance of dark shadings or spots. It was a spot of this type in the owl's iris which led the boy Peczely to the discovery of this science.

Density, then, is to the iris what the grain is to a piece of wood ; the finer and closer the grain, the stronger the wood ; and likewise the fine, compact, dense iris indicates firmness and fineness in the tissues of the body.

Heredity is indicated in the iris, not only in a general way by darkening colour and poor density, but also in the most definite way by the portrayal of organic defects in the infant. In such an iris would be seen signs of organic lesions in the form of ovoid (egg-shaped) shadings, partially enclosed by white lines. These are indications of how the diseased and weakened organs of the parents are reproduced in the child.

" Orthodox Science " is very much at sea on the subject of heredity, and all grades of opinion prevail. Some investigators claim that there is nothing in heredity, others that weakened resistance only is transmissible. Still other authorities maintain that organic weakness and defects may be inherited by the offspring. That this last opinion is correct may be conclusively demonstrated by the Diagnosis from the Eye.

Given careful natural treatment while undergoing acute eliminative efforts, such as catarrhal conditions, fevers, skin eruptions, diarrhœas, etc., these shades or lines indicative of hereditary organic defects gradually disappear. Under adverse management, however, they become darker and coarser, tending to chronic catarrhal conditions.

It is the sum total of these acute, hereditary, chronic

and destructive signs in the iris which serves as the measure of what we call vitality and recuperative power. In other words, the more seriously the parts and organs are affected the less must be the recuperative power of the whole body. From this we see that colour alone does not determine state of health, vitality or expectancy of life.

For instance, a dark-eyed person with an iris of good density will enjoy much better health than a blue-eyed person with a density of poor grade, having signs of catarrhal and destructive lesions in important organs. Darkening of the colour always accompanies the foregoing to some extent, but whereas signs of lesions appear almost immediately changes of colour are always slow, except in the case of newly born infants, where the colour may change from blue to brown within a few hours.

The Scurf Rim

The outer rim of the iris next to the white of the eyeball corresponds in the body to the cutaneous surface or skin. If the skin is unhealthy and enervated, there appears a dark rim at the outer edge of the iris. Suppression of skin eruptions, mercurial salves, steam and other hot baths, heavy clothing and anything else which weakens skin action will intensify this ring. This ring, called the scurf rim, always indicates that the skin action is in a weakened, clogged or paralysed state, and although not present in the eye of the newly born, will usually be found distinctly visible after vaccination. If very distinct in infancy this is a sign of unusually weak and inactive skin, clogged with scrofulous impurities, which it has not the strength to eliminate through boils and other eruptions. Such a child has little

chance of surviving, and tends to succumb to the first serious disease crisis. The skin is the largest and most effective all-round eliminator, and if the action of more than one-third of the total cutaneous surface is destroyed by means of burns or otherwise, death will quickly ensue from the accumulation of effete matter in the system.

The scurf rim is a reliable indicator of the condition of the skin and is of great importance in the diagnosis and prognosis of certain types of disease.

It is extremely interesting to observe how, even in elderly people,[1] the scurf rim will diminish and gradually disappear under a combined dietetic hydrotherapy, chiropractic, massage and osteopathic treatment. The skin, as it becomes alive and active, throws off the underlying accumulations by means of eruptions, pimples, carbuncles and so forth.

Psora or Itch Spots

In the eyes of many people will be found small, sharply defined brown spots, of about the size of a pin's head or slightly larger. These spots have confirmed, after a hundred years of ridicule and controversy, Hahnemann's theory of psora in its essentials.

Summarised, the psoric theory claimed that continuous suppression—by means of zinc, sulphur and mercurial ointments, steam, hot-air or hot-water bathing, etc.—of itchy, parasitic skin eruptions and of specific diseases has encumbered a large proportion of the human family with three well-defined hereditary taints or miasms. These were named by Hahne-

[1] In many elderly people the scurf rim may be covered over by a white or grey-white cloud, the *senilis ring*.

mann : (1) psora or itch ; (2) sycosis ; and (3) syphilis. He claimed further that many chronic diseases had their origin in these hereditary miasms, and that most acute diseases are but external purifying manifestations of these internal taints.

Darkening of the iris colour and the scurf rim stand for a long list of hereditary ailments, which Hahnemann called hereditary psora or scrofula.

The dark brown itch or psora spots are never found in the eyes of infants, but only later in life after psoric eruptions and parasites have been suppressed by the means already named.

Blue-eyed parents with itch spots in their eyes (indicating suppressed itch encumbrance) have either brown-eyed or scurf-rimmed children ; truly a wonderful confirmation of Hahnemann's statement that suppression of psora creates chronic encumbrance and hereditary psora in the offspring.

The orthodox practitioner will say "itch is never present without the *acarus scabies*, therefore this must be the cause of the disease" (the *acarus scabies* or *sarkoptes hominis* is an ugly little parasite which burrows into the skin, thus causing the intolerable itching peculiar to the disease). Diagnosis from the Eye, however, again proves that suppressing a symptom in no way terminates the disease. The result of killing these parasites is that the psoric poisons and other toxins generated by the decay of their bodies under the surface of the skin concentrate in one or more of the internal organs of the body. This concentration is indicated in the iris by the appearance of sharply defined brown spots in the corresponding areas.

The organs and parts which are loaded with this suppressed itch matter provide fertile soil for the development of malignant tumours, sarcoma, chronic

asthma and tuberculosis. Practically all patients cured of cancerous growths by natural therapeutics temporarily develop itch eruptions in the process. This almost uniform recurrence of psoric elimination as part of the healing crisis is of significance. It throws new light upon the cause of this dread disease.

The more skilful the old school of medicine becomes in the suppressing of acute diseases and natural eliminating efforts, and the more the blood of the people is contaminated with vaccines and antitoxins and other disease products, the greater is the increase of chronic destructive diseases and malignant tumours. This school constantly mistakes effects for cause. As dear old Elbert Hubbard used to say: "Just because a thing goes with a thing, the thing is not necessarily the cause of the thing." The local activity is not the disease, but merely marks the spot where Nature is trying to eliminate the disease. Suppressing or cutting out the local reaction is but shutting off one of the channels through which the system is discharging encumbering matter.

The "feeders" or causes of any local manifestation, whether taking the form of a pimple or a cancer, of a simple cold, or of consumption, are constitutional, and should be treated constitutionally. Under Nature Cure management, when the poisonous irritants have been eliminated from the blood and tissues, the symptoms and parasites invariably disappear without special treatment.

It is often unpleasant in certain types of disease to go through the Nature Cure "house-cleaning" or healing crisis, but the inconveniences of a general eliminating effort are insignificant in comparison with the malignant tumours and other destructive diseases prevented and cured by removing the soil in which they flourish.

Inflammatory Lesions

Acute inflammatory and febrile conditions in the body are indicated in the iris by white lines or clouds. If the whole body is in a feverish condition the iris presents a whitish, glistening appearance. This is also noticeable during great nervous or mental strain.

During inflammation the tissues affected are congested, the circulation to the part is accelerated, the blood overflows from the vessels by a process of osmosis, and swelling and pain are produced.

In sympathy with these conditions in the body similar changes take place in the iris. In the areas of the iris corresponding to the inflamed regions of the body the blood vessels and muscle fibres in the middle layer become congested and swollen, pressing the white nerve fibres of the superficial layer so that they protrude above the blue or brown level, and thus isolated become conspicuous.

It is by means of inflammations that excessive quantities of impurities—more than can be handled by the usual depurative channels—are removed from the system. If this is kept in mind it will be easily seen that inflammatory conditions should never be suppressed. Inflammation is never a disease in itself, but merely a symptom—a means to an end.

The common "cold" is an inflammatory condition of the mucous membranes of the respiratory tract (a local fever), and shows as a white cloud or streak in the area of the iris corresponding to the lung, bronchial tubes, nose, etc. The following is a description of a typical "cold in the lungs" as seen by a Nature Cure practitioner.

"Every acute (inflammatory or febrile) condition

is the result of a healing and cleansing effort on the part of Nature."

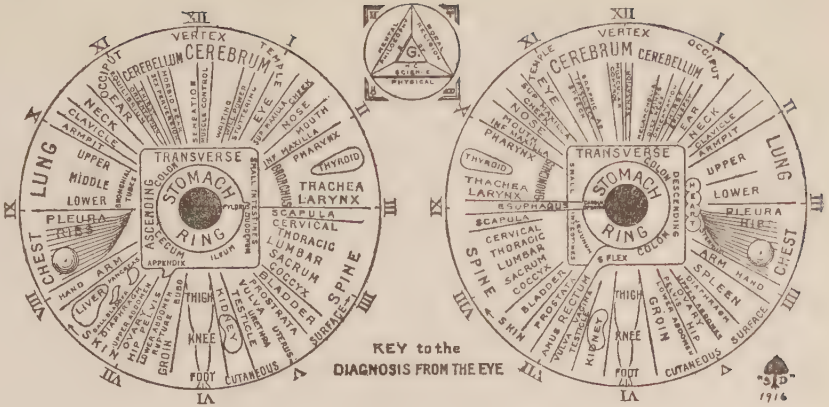
"Feed a cold and you will have to starve a fever."

In other words, while the body is undergoing a cleansing process do not throw extra work on the cleansing agents (depurative organs) or they will have to make greater efforts.

White spots or markings in the iris indicate acute activity—*vis medicatrix naturæ*: Nature's healing forces at work.

But our patient waits. Let us examine his iris. The right iris contains a broad, white streak in the outer region at 270° to 300° (where the figures IX. and X. are on the clock. See Diagram, p. 51). This indicates great activity in all three lobes of the right lung and bronchial tubes—a bad chest cold. Other portions of the iris indicate that the kidneys (5.30 o'clock right iris, 6.30 left) are in a sluggish, atonic condition, while a heavy red blotch in the liver region (near eight o'clock, right iris) indicates that iodine is lodged there. The whole middle portions of the iris are in a dark, streaky, grey state, portraying an irritated alimentary tract, which would in turn indicate unsuitable diet. There is a decided scurf rim, partially covered by a white film. The scurf rim means poor eliminative skin action, still further retarded by acetates (acetic acid deposits in the form of salts), as the white, cloudy film indicates. Summed up, the indications are that the eliminative organs are sluggish, and that for a long time bowels, kidneys and skin have been very inactive. Diet has been wrong and the mucous membrane of the right lung and bronchus are attempting to do what should have been done by kidneys, skin and bowels.

Upon being questioned the patient admits that


VERTEX
CEREBRUM
CEREBELLUM
OCCIPUT
TEMPLE
EAR
NECK
CLAVICLE
ARMPIT
EYE
NOSE
MOUTH
PHARYNX
THYROID
TRACHEA
LARYNX
LUNG
UPPER
MIDDLE
LOWER
PLEURA
HIP
ARM
HAND
CHEST
SPINE
SURFACE
SKIN
TRANSVERSE
COLON
STOMACH
RING
ASCENDING
DESCENDING
SCAPULA
CERVICAL
THORACIC
LUMBAR
SACRUM
COCCYX
BLADDER
PROSTATA
VULVA
TESTICLE
UTERUS
KIDNEY
THIGH
KNEE
FOOT
CUTANEOUS
SPLEEN
GROIN
KEY to the
DIAGNOSIS FROM THE EYE
RIGHT EYE.
by Jas C. Thomson.
LEFT EYE.
1916

he has been living almost entirely on starchy and protein foods and that he is a heavy smoker and a moderate drinker. On the one hand are habits favouring an over-production of waste material, and on the other an inefficient elimination. As a consequence, the system is overloaded with morbid matter. While in this state, one day a draught chilled the skin, the pores closed and surface elimination was checked. This extra matter was thrown on to the already overworked regular organs of depuration. They were unable to cope with this new work and some other way had to be found to dispose of the increased burden. The blood vessels in the mucous membranes of the respiratory tract widened and large quantities of blood were thrown into the cells composing the membranes. It is the function of these cells to eliminate in the form of mucous or pus the waste and morbid matter circulating in the blood stream. This is eliminated by coughing and expectorating from the inflamed mucosa—a bad cold.

In passing it may be mentioned that in certain conditions of the body Nature Cure patients undergo a condition like the above, although not usually of such a severe type, as part of the "house-cleaning" or healing crisis. The treatment stirs up the dormant deposits, and all the depurative organs and mucous membranes do a share in getting rid of them.

Putting aside technicalities, the method by which bacteriologists and other medical authorities claim to prove that germs are the cause of febrile disease runs as follows:—A "culture" consisting of germs with their excreta and other poisonous matter is injected into the blood stream of an animal or human being. This matter sets up blood poisoning. The animal or person becomes sick. The bacteriologist says the germs are the cause of this sickness, and it is of such-

and-such a type. This he proves by microscopically examining the blood and discovering the germ which he injected. It would be far more wonderful if the germ were not in the blood stream after having been put there.

This experiment proves absolutely nothing except that filthy matter injected into the blood stream acts as a poison. The mere fact of discovering the germ after the blood poisoning has taken place cannot possibly prove anything beyond its presence in the blood. Even a small quantity of clean, fresh air injected into a vein in the same way would cause almost instant death, yet no sensible person maintains that this is a proof that fresh air is deadly (or infectious !) under normal conditions. Matter of any description entering the blood stream by any other than the proper channels will act as a foreign substance. Nature never injects these "cultures" subcutaneously ; this is left for the ingenuity of man.

Black and White in the Iris

It is a peculiar coincidence, or perhaps an instance of the workings of instinct, that black has always in symbolism represented destruction, old age, death and war, while white stands for the opposite. In Nature's picture language of the eye the same holds good. Constructive activities are shown in white and destructive processes in black. All acute diseases, from a simple cold to typhoid, diphtheria or smallpox, are pictured in the eye in signs of white, indicating a healing and cleansing effort on the part of the organs affected. When these have been suppressed in process the dark and black signs of catarrhal conditions and destruction or loss of substance take

their place. This is when the "incurable" stage is reached. In an iris showing many dark shades and black destructive lesions, the white signs of commencing acute activity in the dark area are the most welcome indication that can be found by their iridologist. This is because the white markings not only indicate acute disease, but in chronic cases may become the messengers telling of coming healing crises. It is by arousing the vitality of the body to the pitch at which uncongenial deposits are thrown into the blood stream by the increased cell action that the Nature Cure physician deals with old chronic and so-called "incurable" disease. As to the correctness of this principle there may be objections from those who are unacquainted with the method ; it is a peculiar thing that the people who are most bitterly opposed to the Nature Cure Idea are those who know nothing of it.

It may be asked : "Do you never fail ?" The answer is : "Yes, we fail" ; but one must remember that the great majority of patients come to us only as a last resort. At a low estimate fifty per cent. of the cases coming to us have tried everything else, and about ninety per cent. of these are of the "incurable" type, yet our failures are few and far between—ask someone who has been a patient.

Many good, sensible people come to us who could be cured of their ailments if we could find some plan to *force* them to follow instructions ; as it is, they walk deliberately to their death with their eyes wide open. Self-control is the dragon at the gate.

Everything in Nature, including the processes of health, disease and cure, of birth, life and death, is subject to law and order. We claim that Iridology is the greatest aid, so far discovered, to a clear understanding of the laws and principles underlying life and health. Perhaps better than any other proof of

this is the steady and consistent manner in which Iridologists of all classes produce results. One experienced fact is a better proof than all the books in the world.

"How is one to know what is natural?" "Where is the line to be drawn between what is good and what is poisonous?"

In the iris of the eye can be found the answer to these and many another disputed question.

> "Come forth into the light of things;
> Let Nature be your teacher."

Poison Signs

Normal processes and substances which are congenial to the body in quality and quantity do not show in the iris. All substances foreign or poisonous to the system indicate their presence and location by certain well-defined signs in the corresponding iris areas.

This does not necessarily mean that these discolorations or other signs are always easily seen. Often in brown eyes the poison signs are difficult to diagnose, while many blue eyes exhibit such a conglomerate collection of poison signs that it becomes difficult to distinguish anything specific. In the majority of eyes, however, the signs and discolorations caused by poisonous substances are plain and well defined.

Often drug poisons absorbed and concentrated in certain organs of the body during trifling children's ailments remain and, unless eliminated by radical methods, affect the working of the parts throughout life. So long as a poison remains in the body the corresponding sign remains in the iris.

Poisons may be absorbed, not only as drugs—

orthodox and otherwise—but also in numerous other ways.

Lead from water-pipes, earthen and glass ware, in the mines, smelters, factories and from lead type ; arsenic in fabrics and wall-paper, stuffed animals, cosmetics and coloured sweets, rat and insect poison ; mercury in cosmetics, also in mirror and thermometer factories. " Improved " foods are also worth watching ; all preserved fruits with bright colours are specially suspicious.

The writer has seen a yard of silk dyed a beautiful shade of pink with aniline (coal-tar) dye obtained from a pound of preserved cherries. Coal-tar dye is also used in quite good brands of port and burgundy wines, tomato catsup, corned beef and sausage. Some cheap " chocolates " are a mixture of animal fat, starch and oxide of iron. Sulphate of copper is a dangerous chemical, but is freely used to colour pickles artificially. Peas, French beans and other preserved vegetables often receive their green colour through the agency of zinc and copper salts.

Arsenic shows in the iris as white flakes, and during the earlier " wandering " stages gives the patient typical rheumaticky pains, also alternate flushes of heat and chills. Is it to be wondered at that the Nature Cure physician has given up calling diseased conditions by Greek and Latin names ? Surely it is preferable to give the sufferer an understanding of the causes of his trouble without confusing the diagnosis with a name which may mean anything.

Suppose a patient comes along with a persistent pain in the small of his back. He lays his complaints before the doctor and is questioned as to the habits of his parents, and is required to relate the family history back even to the second and third generation. He is then asked to call again in a few days. Imagine that

on his next visit the doctor informs him with all solemnity that he has "a pain in his back," would not the patient reply: "Yes, I told you that myself; what is my disease?"

But the patient is gravely informed that he has lumbago and is given a prescription calling for morphine, phenacetin, antipyrin, hyosin or some other nerve paralyser and pain-killer. Let us go over it:

Our medical dictionary informs us that lumbago is pronounced with the accent on the second syllable and means "lumbar neuralgia." Lumbar neuralgia retranslated means "small of the back" and "nerve pain." The patient then has "a nerve pain in the small of the back." There is but one kind of pain, that is, nerve pain, so we may leave that out.

"You have a pain in the small of the back."

In order to prescribe rationally it should make a considerable difference whether the "lumbago" was caused by a subluxated bone, by uric acid, mercury or arsenic deposits, or by any one of a dozen other possible causes.

Another illustration. Suppose a doctor, after listening to a patient's account of changing aches and pains, addresses him thus: "My dear sir, you have moving pains." Would this satisfy the patient? No. But if the doctor tells him he has rheumatism, which in English means nothing more nor less than "moving pains," the patient is perfectly satisfied. He knows what he has. He has rheumatism. He pays his fee and goes home well satisfied.

. . . . . .

We do not know how the colours are deposited in the iris—the "how" and "why" are unknown. For a matter of that, neither are we aware why the violet is blue. The processes by which its colour is selected

from the soil and deposited in the flower are secrets from us. Students at school may think they know; the experienced botanist frankly acknowledges his profound ignorance. Yet when compared with the eye the violet is a poorly organised structure. There is nothing in the whole realm of Nature yet known in its entirety. The underlying life-principle still eludes us.

It may be that when osmosis takes place in any part of the body a sympathetic condition of a similar nature occurs in the corresponding iris area. In this way small particles of the actual poison matter may become deposited in the region and thus form the markings peculiar to the poison.

Be that as it may; signs of poison in the iris resemble in colour the natural colour of the drug; thus, lead shows greyish-blue; iron, rusty brown; iodine, red; arsenic, greyish-white, etc. Certain substances are natural poisons to the human body and are dangerous to life and health, even when taken in small quantities. Nature never intended these substances to enter our bodies and no provision has been made for their excretion. As the depurative organs cannot successfully cope with them, they tend to accumulate in the body and concentrate in some part for which they have a special affinity, or which is being used as a storehouse, rubbish heap or "garret." The special colour markings of the poison will then be exhibited in the iris. When this accumulation becomes dangerous to health, the forces of the body become concentrated on the one task of removing this matter by a violent effort. If this effort on the part of the body is encouraged, the unhealthy matter is eliminated from the system with the same symptoms as result should the matter be partaken of in one or more large doses. This is what is technically known

as "the medicinal action of a drug," but it will be seen that the drugs do not act on the body; the body acts in trying to rid itself of the abnormal matter and with great expenditure of vital force.

If this eliminating effort on the part of the body is misunderstood and looked upon as a disease in itself, then the tendency will be to suppress the activity as quickly as possible, to the future detriment of the patient's health.

The signs of some poisons show in the iris shortly after having been taken; others, such as mercury and quinine, may not appear very distinctly for several years. When first partaken of they enter the general circulation and are thrown into the tissues at points where any "cleaning up" is going on, osmosis, as previously explained in "a bad cold," being general in such parts. The tissues, finding their blood supply impure, are forced to forego their special efforts and retrench, just as civil disturbances in a country cease when foreign dangers threaten. The "house-cleaning" is delayed, and because the symptoms stop the patient is said to be "cured." "Cured" is the wrong word in such a case; "suppression" is the only word applicable. The mercury, quinine or other alterative drug then gradually concentrates in the organ or organs for which it has a special affinity. While "wandering" through the tissues their signs in the iris are cloudy and indistinct, but as soon as they settle down and accumulate they begin to show plainly. The fact that many years may elapse between the absorption and the final settling down of some of the most virulent drugs explains the continued affection which certain of the older doctors still retain for these drugs. It was extremely difficult to trace cause and effect in this case until the Eye Diagnosis threw such a strong light on the subject.

Among the most deleterious substances which are indicated in the iris may be classed mercury, iodine, arsenic, quinine, hyosin, strychnine, belladonna, digitalis, phosphorus and coal-tar products.

Alteratives

The following definition of alteratives is from Gould and Pyles' *Encyclopædia of Medicine and Surgery* :—"Certain remedies that alter the course of morbid conditions in some way not yet understood, perhaps by establishing metabolism. We know, for instance, that mercury cures the syphilitic sores, and arsenic the chronic skin diseases, but we do not know how or why."

Mercury, hydrargyrum or quicksilver are the three names for the only liquid metallic element. It is one of the most insidious poisons possible to introduce into the human body. As a medicine it is used in over a hundred different forms. The nitrates, chlorides, oxides and iodides are the salts most frequently used medicinally. Other preparations in common use are the bi-chloride, the cyanid, yellow subsulphate, calomel, mercury and chalk; plasters of iodide of mercury and arsenic; yellow wash and black wash, blue mass; corrosive sublimate, etc. These drugs are used in the treatment of chronic disease, such as tuberculosis, cancer, scrofula, open sores, ulcers, abscesses, psoriasis, itch and other skin diseases.

Ask a doctor how these drugs are supposed to cure these diseases. If he is honest he would have to reply: "We do not know."

Yet the solution of the problem is fairly obvious to one who comprehends the fundamental law of cure. *All acute conditions of the body indicate natural healing and cleansing efforts.*

These acute activities called "diseases" merely show that the vital forces are working to eliminate from the system the latent lues, scrofula, tuberculosis, psora or whatever the constitutional taint may be. The so-called diseases are the outward local manifestation of increased and specialised activity of the vital force.

If, while this is going on, we introduce into the system a more dangerous poison (alterative) than that against which the healing forces are engaged, these forces immediately turn their attention to the more dangerous invader.

The constitutional taints are thrown back into the tissues from which they were being cleared out, and the surface activities disappear. The patient thinks he is cured, but the doctor knows better. He is taught at the medical college that "prognosis is bad; recurrence highly probable." In other words, the natural healing forces may again be built up to a point where they resent the presence of this harmful matter in the tissues and recommence their endeavour towards its excretion. Again the aim is misunderstood and the constructive effort is suppressed. This cycle is repeated until the vital forces, weakened and defeated in every quarter, are unable to continue their scavenging efforts. This process of gradual poisoning may have to be maintained for many years before the vibratory activity of the cells is sufficiently paralysed and slowed down to a point where healthy reaction is impossible.

The poisonous matter now recedes deeper into the tissues and leaves the skin with that waxy, pink-and-white look so typical of dead and inactive, mercury-laden epidermis. To the casual look this skin may appear beautiful, because through having lost its power of functioning no pimples, boils, etc., mar its

smoothness and porcelain-like translucency. Its owner may be proud of it. Could he (or she) see but a few years ahead, his joy would certainly undergo modifications. The diseased taints on their retreat often attack and partially destroy vital organs. The external ulcer and psora, after having been "scientifically cured," in time becomes the internal cancer or tuberculosis. These conditions may come about quickly if the taints concentrate on one point, or the matter may be deposited in a general way in one or more of the less active organs, such as the breasts in a young woman. It will be understood how such poison-laden tissues may later furnish soil for cancerous growths.

The diseased matter is now but one of two deadly substances in the body. The mercury is slowly searching its way through the tissues to those organs for which it has a special affinity.

In the first few years, during this wandering period, mercury shows in the eyes as whitish clouds, mostly in the upper areas of the iris. After about five years it begins to draw into the shape of a greyish metallic ring in the blue eye. In the brown eye it has a somewhat bluish appearance. The ring is never quite complete, but as a rule shows best in the brain, thigh and spine regions.

When this concentration, which may take from five to fifteen years to complete, is accomplished, the brain and spinal cord are clogged with this treacherous and insidious poison. Then commences a breaking down of these delicate structures, which brings on the symptoms known as "locomotor ataxia, paresis, paralysis agitans," etc. Following this up we find (*a*) the primary stage of syphilis is due to a natural effort to expel the syphilitic virus; (*b*) the secondary stage is due to the effects of mercury during its travels

through the system; (*c*) the tertiary symptoms are due to the havoc wrought by mercury (or iodine) on the brain, spinal cord and other highly organised and sensitive organs.

Of many hundreds of luetic cases treated without alteratives and cured by natural methods, not one has ever developed secondary or tertiary symptoms. On the other hand, in every case of paralysis agitans, locomotor ataxia or paresis there is invariably a history of mercurial, arsenical or iodide treatment, with the corresponding signs in the eye. The experience of many patient investigators proves that syphilis is an acute, infectious condition, which, under correct treatment, runs a natural course within a comparatively short time, never to reappear unless a new infection has taken place. The history of people who never had luetic disease, but who were poisoned with mercury incidental to their continuously coming in contact with it in mine or factory, proves that it takes ten to fifteen years for the poison to exhibit its most destructive effects.

Dr Hermann, who was for thirty years Superintendent of the Luetic Wards of the Hospital Weiden, near Vienna—the largest institution in the world for the treatment of these ailments—claims to have treated 60,000 cases of syphilitic disease without the use of mercury. In no case thus treated and cured did he observe a spontaneous recurrence, an exhibition of secondary or tertiary symptoms or hereditary transmission. As his work was done in a municipal institution to which the doctors and students of Vienna had free access, his work was constantly under the closest scrutiny of the great medical schools of Vienna.

Miners salivated in the mercury mines in Idria who had never suffered from luetic disease yet exhibit all

the symptoms of so-called secondary and tertiary syphilis. In the blood, urine and bone of these patients mercury is to be found. Anyone coming in contact continuously with mercury, and thus absorbing it, is liable to all the various forms of mercurial poisoning, otherwise known as secondary and tertiary syphilis.

In the true or organic form of locomotor ataxia there is degeneration (sclerosis) of the nerve matter of the posterior ganglia of the spinal cord. In the vast majority of cases this breaking down of the spinal nerve matter is caused by the destructive effects of alteratives, which clearly show in the eye by means of their special signs. Mercury and iodide are the commonest. These are closely followed by arsenic, quinine, strychnine and coal-tar products. These poisons are prescribed in order to suppress the specific diseases, also itch, anæmia, catarrh, biliousness, constipation, eczemata, scrofula and other diseases.

Were alterative medicines abandoned to-day by medical practitioners in their prescriptions, locomotor ataxia, paresis and many other terrible and destructive diseases would be medical curiosities within thirty years.

The famous or infamous "606" is but a mixture of alteratives.

Bromides

The salts of bromide most commonly in use are ammonium, potassium and sodium bromide. These drugs lessen the sensitiveness of the nerves and their conductivity. Their action is primarily on the brain and nervous system, but they are also powerful depressants on the heart and sexual organs. These narcotics show in the eye as white (sometimes slightly yellow) discolorations, in the form of a crescent in

the upper region of the iris. This indicates that the drugs have a special affinity for the brain and spinal cord. The stronger the mark in the iris, the more conspicuous the symptoms of chronic bromism exhibited by the patient. As bromides have a powerful paralysing effect upon the vaso-motor nerves in the skin, they greatly weaken its action, thereby bringing on internal congestion.

Other symptoms of this poisoning are the peculiar acne-form rash and abscesses and ulcers on the face and neck. Erythema (red blotches) and copper-coloured marks are also common. Digestive and mental disturbances are usual. There is a distinct action on the blood vessels to the brain, which contract and cause anæmia, and atrophy of tissues accompanied by weakening and loss of memory, defective co-ordination of muscular activity, difficult control and tremors of limbs.

The salts of bromine are brain and nerve paralysers, pain killers and sleep producers, and are the great epileptic specific of the old school of medicine. It matters not whether the twenty-guinea specialist or the half-crown doctor is consulted, the treatment is the same—bromide in one or other of its forms. Zinc, nitro-glycerine, borax or chloral may be used as variants, but these are also brain-paralysing agents. The relief they give is temporary; they never cure the disease. The bromides are given primarily to suppress the epileptic convulsions. Unfortunately, however, their action is not limited to the portions of the brain responsible for the convulsions. The whole organ is benumbed. This explains the mental decline, progressive paralysis and final idiocy of the victims of bromine poisoning. Again, the disease is blamed for these complications, although they are really due to the pernicious effects of the drugs used in their suppression.

To the Rev. N. Liljequist, a Swedish clergyman, who has devoted a great part of his life to the study of Iridology, belongs the honour of discovering the "epileptic centre" in the brain; that is, the area of the brain especially concerned in epileptic convulsions.

Liljequist was one day examining a man suffering from epilepsy. The trouble in this case dated from an accident in a saw-mill; a saw had burst, and a piece of it was deeply embedded in the bone of the skull behind the left ear. The condition was evidently caused by the pressure of the steel on the brain. In the iris he found the sign of the wound just behind the left ear area (see Chart) in the form of an "open lesion"—an egg-shaped, dark marking, partly surrounded by white. From that time, in examining the eyes of epileptics, he gave special care to the examination of this particular area, and seldom failed to discover indications of abnormal conditions in that locality. The various conditions portrayed in the eye causing epileptic convulsions take the form of nerve rings, acute and chronic lesions and signs of abnormal encumbrances in this particular section. Chronic cinchonism, or quinine poisoning, may also be responsible for epilepsy and bring on diseased conditions in this region of the brain.[1]

Cinchona—Quinine

Peruvian bark or cinchona was first introduced into Europe about 1820. Quinine is its best-known

[1] It is the writer's belief that in left-handed epileptics it is the corresponding section of the right eye which will be found affected. Unfortunately, the minuteness and complexity of brain centres permits of only approximate location in the area of the iris. Much remains to be done by future investigators before we can be dogmatic on these points.

alkaloid. It is classed as a valuable astringent, antiseptic, antipyretic, antiperiodic and a tonic. It is used in typhoid, smallpox, rheumatism, neuralgia, malaria and many other conditions to reduce fever. In many warm climates, where meats and starches are partaken of to excess, bringing on catarrhal and malarial conditions, quinine is freely and regularly used. People who have acquired this habit are surprised when informed that this is a powerful poison and is responsible for their constipation, indigestion, rheumatism, neuralgia, debility, neurasthenia, deafness, eye weakness and complete blindness, irritability or insanity. Is it not curious that, although medical authorities picture with terrible realism the symptoms of chronic mercurialism, cinchonism, iodism, bromism, the morphine, chloral and cocaine habits, they continue to prescribe these drugs with childlike innocence? All of these drugs, if taken repeatedly or in sufficient quantity, are portrayed in the iris by peculiar signs and colours readily recognised by the trained eye. These signs remain throughout life unless the corresponding poisons are eliminated from the system by special "house-cleaning" or crisis efforts, proving conclusively that these poisons are not so easily nor so thoroughly eliminated from the body as some folks would have us believe.

Quinine is indicated in the iris as a yellowish discoloration. It may vary from whitish yellow to an almost ruddy brown where the deposits are exceptionally bad. The signs are usually to be found in the region of the brain, eyes, ears, stomach, kidneys and bowels.

When these signs are found in the eye it is only necessary to read over the symptoms of cinchonism or chronic quinine poisoning; the patient will be delighted to find his symptoms so accurately described.

The nervous centres are powerfully affected, causing confusion of the mental faculties, noises in the ears, deafness, disorders of vision, headache, vomiting and possibly prostration from involvement of cord and circulation.

Quinine slows down all the vital powers of the body or, in medical language, "reduces the metabolism."

A young woman came to us for diagnosis. Both eyes contained the typical yellow markings of quinine in the bronchi and lung areas, combined with dark brown indications of catarrhal conditions. Without asking questions the Iridologist informed her that she had quinine poisoning, in consequence of which she was suffering from bad catarrhal conditions, with rapid destruction of lung tissue. "Yes," she replied, "the doctors tell me I have consumption. Two years ago I was perfectly strong and healthy. My brother died of consumption and I was told to take quinine regularly as a preventive. I was afraid of contracting the disease, and took large doses, till one day I fell senseless on the floor. My cough started at that time and has grown steadily worse."

This is an instance of how fear of a condition may be instrumental in bringing about that condition.

"Fear nothing but fear."

Quinine is also given in malarial fever for the following reason: "The *Plasmodium Malariæ* is found in the blood of malarial patients; quinine kills the Plasmodium and the fever abates (for a time); therefore the Plasmodium is the cause of the Malaria, and quinine the cure." The present fashion of trying to kill the bacilli with serums and chemicals comes from the false premise that the germs are the cause of this and that and other diseases.

One point clearly revealed by the Eye Diagnosis is that all human beings are more or less encumbered with inherited and acquired taints and morbid matter. These chronic encumbrances are more pronounced in the inhabitants of colder countries, because acute reactions are not encouraged by the colder temperatures, and because of the greater consumption of coffee, tea, pork, pulses and other clogging foods, and the almost complete absence of eliminating fruits and vegetables from the daily menu, while faulty skin action is brought about by the wearing of flannel or other woollen material as underwear, instead of the more rapidly absorbent materials, such as cotton, silk and linen.

When such people arrive in a hot, moist, malarial lowland the putrescent vegetable germs, with which the air is saturated, find a luxuriant soil in the morbid accumulations of their systems and produce the peculiar fermentive processes known as yellow fever, cholera, malaria and so forth.

A house that is being used as a storehouse for explosives may be easily blown up by a carelessly dropped match, whereas a house free from explosives would sustain not the slightest harm. The match and the germ are but the exciting causes ; conditions must be favourable before they can take effect.

Vegetarian colonies have existed in some of the worst fever districts in the world—Central America and German South-East Africa—in perfect immunity from tropical disorders, while their meat-eating, tobacco and quinine consuming, liquor, tea and coffee drinking neighbours have fallen an easy prey to all tropical diseases, and have been forced to return to the more temperate climates.

Those who have to reside in warm climates would do well to copy the precautions of the natives. Avoid

eating meats, eat much fruit and keep well covered at night so as to prevent chills. It is better to keep oneself in a state of semi-perspiration at night. Those who follow this advice and do not lie naked in the earlier heated parts of the tropical night, exposing themselves to early morning chills, thus checking skin secretion, have found no terrors in tropical travel.

Experiences of this type go to prove that malarial germs grow in morbid blood only. So long as bowels and skin are kept active there is no soil left for them to feed on.

Even when taken in small quantities, as for colds, etc., quinine may accumulate to a dangerous extent in the system. In certain constitutions it has a great affinity for the brain and is indicated by yellowish discolorations in the upper portions of the iris. When this discoloration is very marked the victim will be troubled with headaches, nausea, bilious spells, flashes of irritability and loss of self-control, ringing in the ears, with partial to complete deafness. In severe cinchonism there is often an overwhelming impulse to homicide. Heart and lung difficulties are also frequent when the medulla is encumbered, as the centres controlling respiration and circulation are situated therein.

Liljequist claims to have proved, from his own experience, that chronic cinchonism brings on a disposition to insane cruelty. He says that the inhuman cruelties perpetrated by European explorers upon African natives is but a symptom of quinine poisoning.

Iodine

Judging from the number of people who have the signs of iodine in their eyes, iodine must be one of the most popular drugs in use to-day. Whenever an

iodine spot is found in the iris, the corresponding part in the body will be found suffering under chronic diseased conditions. Most other drugs have a well-defined affinity for certain organs, but iodine spots may be found almost anywhere. Iodine (iodum) is one of the solid non-metallic elements. It is obtained from the native iodides and iodades, and from the ashes of seaweed. In the iris its signs vary according to the method of absorption. When applied externally and absorbed through the skin the signs in the iris are of an orange shade and streaky. Taken internally, the poison shows as orange-coloured spots. These spots are somewhat similar to itch spots, but they are generally of a brighter red and more shaded at the edges. (The itch spots are always sharply defined.)

We are told that iodine in solution is injected into cysts, goitres, hydroceles, etc., with much success. The success mentioned consists in drying up and destroying the glandular structures referred to quite as effectually as extirpation by a surgeon's knife. This does not agree with our idea of a cure, as the morbid matter remains in the system plus the alterative poison given to suppress the symptoms.

Iodine in combination with coal-tar products (pain-killers) and "soothers," such as chloroform and ether, are used in the so-called "antiseptic" inhalation treatment of phthisis, bronchitis and other chronic pulmonary troubles. It would be hard to say whether this treatment more rapidly kills the lung tissue or the disease germ.

We are assured that iodine "sweeps the system clean" of mercury, lead and specific poisons. The diagnosis from the eye shows merely a temporary suppression of symptoms, the poisons are thrown back into the system and in addition the signs of iodine begin to make their appearance. As the after effects

of iodism range from watery discharge from the nose, sneezing, severe pain over frontal sinuses (headache), swelling and redness of gums, a sense of rawness and heat in the trachea and chest, to diabetes, Bright's disease, paresis and other chronic diseases of the stomach, bowels, spleen, pancreas and lungs, it will be seen that this new addition is not of a harmless character.

Drying up of the mammary glands bringing about inability to nurse, and impotency are conditions often directly traceable to deposits of iodine in the organs affected.

Coal-Tar Products

From the distillation of coal-tar are obtained phenacetin, antifebrin, antikamnia, antipyrin, triasol and many other paralysing and depressant poisons. Coal-tar products are popular with some practitioners as hypnotics and pain-killers. All coal-tar products have a powerful effect upon the heart and respiratory organs, and the rapid increase of heart disease and insanity is, to a great extent, due to the after effects of these drugs. There are many mental patients whose condition is attributed officially to drink, while in reality they are victims of these agents.

Coal-tar derivatives may be got in doctors' prescriptions, headache powders, nerve soothers and preserved foods, as well as in certain soothing drinks for infants and invalids.[1]

Antifebrin, phenacetin, antikamnia and antipyrin show in the brain region as a grey-white veil, sometimes slightly yellowish in tint. Creosote and guaiacol produce a grey veil over the entire iris. These are

[1] Cocaine is another ingredient favoured by the manufacturers of medicated wine.

used to kill tubercular and other germs. As the tubercle bacilli is the result of the diseased condition and not the cause—growing as they do in decayed or morbid tissue only—it will be seen that this risk is incurred for no benefit.

. . . . . .

Much of the dreadful suffering so often witnessed among civilised people is the result of artificial disease, created by drug-poisoning and surgical operations. When patients and doctors learn that acute disease is but a healing and cleansing effort of Nature, they, instead of mistrusting her efforts and trying to curb the vital forces into inaction with powerful alteratives, will bend their energies toward encouraging elimination and correcting defects and displacements in the human machinery. From that time onwards chronic disease will become but a memory of an unenlightened past and take its place alongside of witch-burning and heretic torturing, as suffering resulting from human ignorance and superstition.

Enough has been told in the foregoing to give the reader an idea of how clearly the Eye Diagnosis indicates the healthy from the unhealthy, and differentiates between what is normal and what is abnormal.

Those who will use a magnifying glass to help them in examining the eyes of friends in all states of health should not require any great length of time to thoroughly convince themselves of the accuracy of Iridology. A very good instance of this was brought to our notice the other day. The following conversation took place between an Iridologist and a friend :—

FRIEND. I saw a very interesting eye to-day, with a clearly outlined black mark on the outer part of the left iris. What would that mean ?

IRIDOLOGIST. Are you sure it was quite black—not dark brown, for instance ?

FRIEND. No, quite black, exactly the same as the pupil.

IRIDOLOGIST. I am afraid you have made a mistake, because that would mean complete destruction of the part. Where was the mark ?

(*The friend indicates a point in a circle where the figure 4 would be on the dial of a clock.*)

IRIDOLOGIST *continues* (*doubtfully*) : If your observations are correct, then your friend must have misplaced his left arm. Your information indicates complete destruction of that member.

FRIEND (*pleased with himself*). Yes, he is an officer who has just returned from the trenches. His left arm was blown off with a piece of shell.

Of course, in this case there was no need for diagnosis by means of Iridology, but cases like this are more easily perceived by the amateur and are more convincing for beginners. It is just this sort of honest investigation that we ask for this method of diagnosis. The usual question : "Why don't regular doctors use it ? " answers itself. Ask any regular practitioner " Why ? " and the answer will be that it is a *fraud* or *impossible*, or something to that effect. There will be no attempt at investigation as a rule. A few medical doctors have taken the matter up enthusiastically, but, finding themselves running counter to medical ethics, have dropped their experiments hurriedly.

No human being would care to acknowledge his life work a mistake. We cannot blame the regular schools for refusing to take up a principle which would disprove their present theories from the foundation.

Over and above all that, what would one's feelings be to have to acknowledge to oneself such findings as : " That yellow discoloration in the upper iris is the result of quinine administered by me ten years ago

for influenza. It accounts for the symptoms of chronic cinchonism from which the patient now suffers and which I have diagnosed as neurasthenia." Proven records of a nature such as this do not encourage investigation from the "regular" profession.

III

SPINAL ANALYSIS

Next to Iridology as a means of diagnosis, Spinal Analysis is the physician's greatest aid to correct findings. This method consists in determining the relations of the vertebræ to each other and to the surrounding tissues. A reference to the diagram of normal and subluxated vertebræ will help the reader to understand the great effect a slight displacement (subluxation) of a vertebra may have on other tissues. As the spinal nerves control directly or indirectly every organ and every cell of every organ of the body, it will be seen how important it is for the conscientious practitioner to make thorough examination of their condition at this point.

By knowing the various centres along the spine, from which the communicating branches go, it is possible to tell which organs or functions will be involved in any lesion or subluxation of any one or more vertebræ. In Spinal Analysis the practitioner first inspects for structural maladjustments or malformations, and by palpation feels for them. These defects are osseous, but their effects are principally on the underlying nerves and the organs supplied by these nerves.

The normal curves in the spine may be exaggerated or otherwise abnormal ; this generally means trouble. If, for instance, the lesion is in the cervical (neck) region, there will be disease in the eyes, ears, throat, heart, lungs, brain, kidneys or some other part

depending upon the vertebræ involved and the type of lesion. Then, again, only part of an organ may be suffering if the subluxation is of a "rotated" character, where only one branch is pinched. All of these conditions may, in most cases, be diagnosed from the spine with perfect accuracy. The following short descriptions of Chiropractic and Osteopathy will make clear the principles underlying this means of diagnosis.

Chiropractic

The name is derived from two Greek words—*xeir* (*cheir*), hand, and *praxis*, a doing or practice. Chiropractic—pronounced as if it spelled ki-ro-prak-tik—literally means a hand-practiser.

The essential doctrine of Chiropractic is that the motive force of the human system generates in the brain, the controlling centre of the nervous system. The brain is the central supply station from which the vitality, innate force, nerve impulse, or whatever one may call that inherent power, which we all recognise but cannot define, is furnished to all organs, tissues and parts. This nerve force or impulse may be compared to the electrical energy which keeps the motors running in a large manufactory ; the organs and parts may be, like the motors, in perfect mechanical condition, with no organic defects, but if, for any reason, a full supply of energy is not forthcoming, the organ or part is unable to work properly.

The underlying principles upon which the chiropractor works may be outlined as follows :—

The nerves originate in the brain and converging at its base form the spinal cord, the main cable of distribution, which passes out of the skull through the foramen magnum or large opening of the occipital bone. From that point the spinal cord passes down

through a bony and cartilaginous tube behind the bodies of the vertebræ in the spinal column, on the way giving off sixty-two branches—the spinal nerves.

These branches are distributed to their various destinations through the foramina—"spinal windows —between two movable bones—vertebræ. (See Diagram, p. 79.)

This point, where the branch nerve leaves the vertebral column, is all-important in the chiropractor's estimation. It is here that a nerve may become pinched by slight changes in the position of the vertebræ (subluxations), thus interfering with the flow of nerve force from the brain to the nerve terminals in the various organs and parts affected.

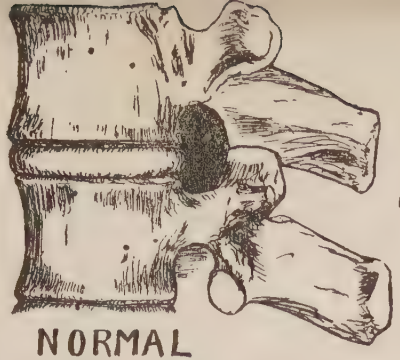
That pressure on a nerve interferes with its conductivity and that an organ or part "starved" of nerve force cannot perform its duties (function) properly, are facts verified almost daily in the nervous wards and clinics of any large hospital. The advanced chiropractor does not claim that the manual adjustment of the three hundred articulating joints of the human body, including specifically those of the spinal column, is a panacea—a cure-all.

The chiropractor does claim a scientific basis for his philosophy and a percentage of relief and cure which will compare favourably with that of any other single therapeutic method. The Chiropractic claim is that much of the pain and disease existent to-day is the result of impingement on the spinal nerves by vertebral subluxations at the point where they emerge from the spinal column. It is a known fact that the fluids of the body and all muscles are propelled by nerve force.

The subluxations (any lesion less than a complete separation of articulating surfaces) may be caused, not only by accidents such as wrenches, strains and

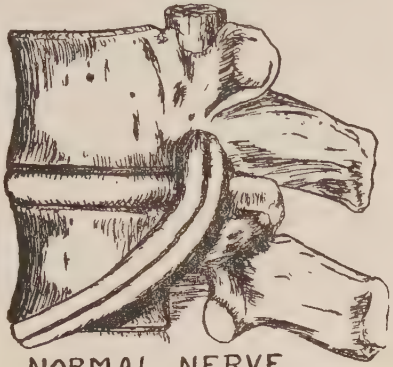
See Note on page 128

THE SOURCE OF MANY *CHRONIC AND ACUTE* DISEASES

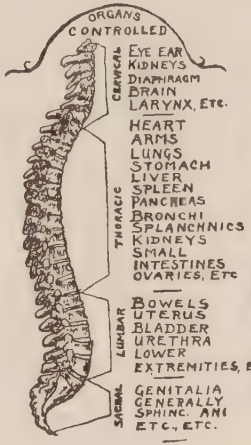


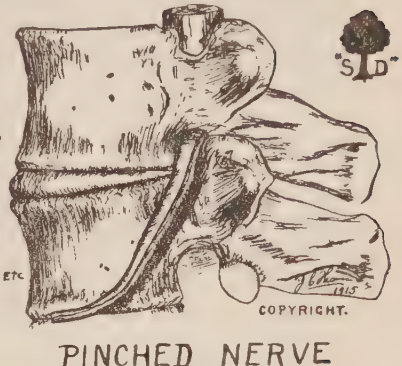
NORMAL ARTICULATION

SUBLUXATED VERTEBRA



NORMAL NERVE





PINCHED NERVE

sprains, but also by the inhalation of impurities, by improper foods and by the action of vaccines, virus and hypodermic injections.

The intervertebral cartilages may become less elastic or thinner and thereby draw the vertebræ closer together, thus occluding the foramina or "windows" of the spinal column.

At first sight it may appear that the chiropractor is overdoing his theory in attributing the displacement of large bones to the action of drugs. When one remembers, however, that one of the functions of bone is to serve as points of attachment for muscles, the mystery begins to solve itself. The action of most drugs used hypodermically is to stop pain—that is, to render useless the sensory nerves of a part. The brain receives its information over the sensory nerves, so that when this agent stops sending information the muscular control becomes uncertain. The action or pull of one muscle is always compensated or off-set by the pull of another muscle in the opposite direction. When muscular co-ordination ceases, as it must when headquarters is without information, this compensating action becomes uncertain or is completely lost. The result is that the constant tonic pull of one muscle may be met by complete relaxation of the opposing muscle. The enormous leverage obtained at the end of the spinous process of a vertebra, combined with the great strength of the back muscles attached thereto, explains why the spine is especially liable to subluxation in this manner. The vaccines, serums, bad foods, intoxicants, tobacco and other injurious substances are liable to bring on the same conditions by causing local irritations and inflammations, which produce unequal tension in opposing muscles.

That the bones of the spinal column subluxate is certainly a fact. Those who adjust them, thus free-

ing the nerves and blood vessels pinched by them, find that when freed from interference Nature relieves the pain and cures the diseased conditions. The bony framework constitutes the support of the human body and just in proportion as its parts are in normal apposition its healthy conditions continue to old age.

The brain acts as the dynamo. Working upon other elements and forces it elaborates and transforms them into "nerve force," which is supplied to every organ and part, as well as to every unit or cell of these parts, by way of the cord and branches. The same nerve force which supplies the muscles of the leg and makes walking possible also supplies the heart and other involuntary organs over a different route. It matters not what the organ may be; if the nerves supplying it with nerve force are interfered with, that organ becomes unhealthy in proportion to the amount of interference.

Thus, while there may be nothing wrong with the source of supply—the brain—the path of transmission may be obstructed, either partially or wholly, and pain and disease are the result.

From the brain, through the spinal cord, the motor and sensory nerves branch out in pairs through the foramina ("windows") between the vertebræ, absolutely controlling every unit and cell in the complete anatomical structure provided no subluxation or other obstruction exists.

The Chiropractor, by means of "nerve tracing" and palpation, finds the subluxation and adjusts or replaces the displaced vertebræ. This is done in different ways, but principally by means of the "chiropractic thrust." A point that is apt to be overlooked is spoken of by Dr Walton in the New York *Medical Journal*: "Not infrequently reduction (adjustment of subluxation) takes place spontaneously

during sleep ; at other times it occurs accidentally during relaxation under anæsthetics." This, however, could only occur in recent lesions where the ligaments around the joint have not yet become accommodated to the new position and while the tension is still towards the normal. Were it not for the fact that subluxations are naturally reduced during sleep, many a mechanic or manual labourer would be unfit to proceed with his work the following day. Many a man comes home from work or strenuous physical exercise with " a kink in his back," or " a tender spot on his spine," which, after a good night's rest, is completely gone.

To recapitulate : If trouble existed in machinery run by electricity the motive power would be immediately looked to. If the voltage was low the machine would run too slowly. If the machinery ran too fast the current would have to be lessened. The same reasoning applies to the nerve force which rules the organs and parts of the entire body.

The life and movement of every organ and part of the body—voluntary and involuntary—is ruled by nerve influence. Every ailment, physical and mental, is caused by interference with nerve impulse.

For instance, when the nerve control to the heart is interfered with, there is heart trouble—" heart disease." In such a case it would be foolish to attempt to " doctor " the heart itself, disguising the symptom with digitalis or some such drug.

The correct and sensible plan is to start at the other end—remove the cause of the trouble. By removing the impingement on the controlling nerve a normal supply of nerve force is permitted to reach the heart and the latter is enabled to perform its function as Nature intended.

And that is the Chiropractic way.

Osteopathy

Osteopathy was discovered by A. T. Still, an old doctor who had been a surgeon with the Union Army during the American Civil War. Dr Still was of an enterprising and inquiring turn of mind, and was anything but satisfied with drug therapy as a science. In 1873 the old doctor was much troubled with headaches, and one day lay down on the grass to rest and seek relief from his pain in sleep. He placed a block of wood under his neck as a pillow, and was surprised to discover that within a minute the headache was gone. When next a headache came on the doctor remembered his previous experience and again tried resting his neck on the wood. The result was, as before, immediate relief; the pain simply "melted away."

In this case the slow pressure at the base of the occiput inhibited the vaso-motor nerves controlling blood supply to the head and allowed rapid drainage. The high blood pressure in the region was relieved and with it went the headache—the accompanying symptom.

Dr Still's idea of it was that the bones in this region had been displaced, and that the pressure of the wood had replaced them accidentally. From later experiments he found this was not the true explanation, but there are people who listened to his earlier explanations and theories who still retain the belief that all pain and disease is caused by displacements between bones, in relation to one another, and between other parts or tissues. There are osteopaths who work on Still's earlier methods, basing their entire diagnosis, cause and cure on the bones alone. These men belong to an advanced school of healing, but they are retarding its progress, not advancing it further.

Osteopathy is a manipulative system of thera-

peutics, constituting an entirely new and complete practice, which is most successful in the treatment of human ailments. The central idea is that abnormal functioning of the body is due to structural defect, such as mechanical displacement, derangement in relationship, or maladjustment of parts, and that such displacement serves to obstruct nerves and blood vessels, thereby perverting nutrition. Disturbances of functions result, which, if not checked, end in deterioration of structure, known as organic "lesions.' From this the osteopath argues that the earliest cause of disease is not a change in the substance of tissues, but a disturbance in their relative arrangement.

The name is at first somewhat misleading; it comes from the Greek—*osteon*, bone; and *pathos*, disease. Pathos has come to signify the system of treating disease indicated by its prefix. The derivation of a name is, however, too limited to explain the practice or philosophy of any school. Even the idea from which this name sprang has now been abandoned by most osteopaths. Osteopathy does not teach that bones are usually diseased, nor is it a treatment only for bone diseases. It is a therapeutic system capable of application to practically all classes of disease. The healing agent with which the osteopath works is—*vital force*—Nature's own power of repair, the ceaseless effort of the inherent resources of our bodies toward the normal.

This vital force is controlled by the osteopath through (*a*) scientific manipulations applied to restore the body to normal adjustment where its parts are deranged. To this end a comprehensive knowledge of what is normal in human anatomy is necessary.

(*b*) By manipulations skilfully applied in line with the principles of advanced physiology, controlling

nerve energy and blood supply, thereby holding the keys of nutrition for the system.

(*c*) By correcting mental attitude and sanitary environment and by allowing time for Nature to establish readjustment and proper functioning of the organs and parts affected and of the body as a whole. Again, it is Nature, the one and only healer, which ultimately works the cure.

Massage is not Osteopathy any more than a paving block is sculpture. The man who compares massage with Osteopathy would be just as correct in comparing the ox-cart to the latest express trains. There are points of resemblance, but they are faint.

According to the osteopathic conception, health is the sum total of the bodily processes working together in natural harmony; the proper co-relationship and co-operation of every organ and part of the body with every other organ and part. Disease is any departure from this good running order—the failure of any part of the body to work in harmony with every other part. Etymology alone clears up the meaning of the word as understood by all advanced schools of therapeutics—dis-order, dis-comfort, dis-tract, dis-ease.

The osteopathic conception of the causes of disease are (*a*) mechanical disorder within the body, brought about by the ordinary wear and tear of life; (*b*) falls, blows, jars and wrenches and other forms of force expended upon the body from without; (*c*) strains, wrenches, twists and other forces acting within the body; (*d*) contractions of muscles, ligaments, fascias, etc., from over-exposure, cold, draughts, etc.

The foregoing are considered the real first causes of disease, and are all, properly speaking, mechanical disturbances.

Next in importance as causes of disease are abuses of function from overwork in local organs of the body,

such as result from over-eating and over-drinkng. An average blood and nerve supply will not prevent an organ or part from breaking down from overwork. Then, again, heredity may add important predisposition determining the quality and quantity of nervous energy at the disposal of the system.

The osteopath cannot believe that "microbes cause everything" in the line of disease. Vermin do not make people uncleanly ; flies do not create garbage ; but vermin, flies and bacteria do thrive wherever there is filth. Killing the flies does not remove the garbage ; killing the bacteria does not cure the patient. The human body should be clean within as well as without. When the blood is poor or polluted, the waste products are not eliminated and the body becomes unclean within. The cells, from lack of proper nutrition, become devitalised and unable to destroy dangerous bacteria—which they are perfectly fitted to do in health. When a part is unclean and enervated the microbes make it a breeding ground, just as flies do in garbage. Microbes are an effect of a prior disease ; they are a symptom, not the cause of a diseased condition. Stagnant blood and depleted tissues breed bacteria. Their products, the toxins and ptomaines, may later become an element of danger to the body—but all of that is secondary to lack of healthy and clean tissues.

Osteopathy therefore holds that the correct cure is to remove whatever has weakened the vitality and resisting powers of the body. The osteopath finds out the mechanical disorder and removes it. Nature will do the rest. The blood and cells, when given free play, will take care of the microbes.

Osteopathy in its modern conception is far removed from the early bigoted one which the "Pure Osteopath" would have us believe in. The modern

ILLUSTRATING
DISTRIBUTION
OF SPINAL
NERVES

osteopath still retains the "osteopathic lesion" as his main point in diagnosis and treatment, but is willing to embody in his philosophy the procedures of any other school of therapeutics which is efficient and productive of good results.

To recapitulate: Osteopathy is founded on the known facts and laws of anatomy and physiology—"Osteopathy is applied physiology." All parts of the human body will function properly so long as all organs and tissues are co-operating and in perfect adjustment and so long as no outside influence interferes. The osteopath works principally through the nervous system, which is divided into two parts: the central and the sympathetic. The central or cerebrospinal system controls our voluntary activity. The sympathetic has control of the involuntary or rhythmatic functions of the body. The sympathetic system is under the influence of the central system to a great extent over the rami-communicantes, and it is the branches of the central system which the osteopath has so completely under his control. By means of these branches osteopathic stimulation or inhibition can increase or decrease the rate of the heartbeat, dilate the pupil of the eye, reduce fever and so forth by working on certain definite spots. Just as surely as pressure or other manipulation is applied to certain definite areas, so surely can we expect a certain definite result. Inhibition or steady, slow and deep pressure at the first to third cervicals, and at the eighth and ninth dorsal nerves will invariably reduce fever, while prolonged pressure at the region of the first and second dorsal vertebræ will dilate the pupil of the eye. In the same way every organ and part has a definite centre of control, and it is in knowing these centres and how to manipulate them for certain results that a large part of osteopathic know-

ledge consists. To call this "rubbing" or "massage" is not complimentary to the critic's sense of proportion.

It is by skilful manipulations aimed to accomplish "stimulation" or "inhibition" at one or other of the centres affected so as to break up chronic conditions existing in the weakened organs controlled by them that the osteopath principally depends for results. As these methods are not safely applicable in individual cases until all lesions and subluxations have been determined, along with their effects upon surrounding organs, it will be seen that the books purporting to teach "self-osteopathy" are rather overdone, to say the least of it. Even the practising osteopath and chiropractor do not attempt to adjust their own spines. The patient's muscles have to be relaxed to make a proper diagnosis and adjustment; the operator must often use great effort to replace certain lesions—it will be seen how impossible it is to combine these two extremes.

Osteopathically, every patient is treated individually; there is no textbook treatment to be given strictly to the *name* of a diseased condition. Human ailments are the result of certain maladjustments in the individual. A Latin name describing the symptom is *not* the trouble, nor does it help in a cure. The rest may be left to the perception of the reader.

There is still much to be learned of the science of diet. To the great majority of physicians it is, to all intents, *terra incognita*. Therefore it might be well for those who read these pages to try to do so in as open-minded a manner as possible. "It is the nearest, plainest and simplest principles that learned men see last."

J. R. T.

IV

DIET

Food Values

THE study of diet is a matter which takes us through many different phases, and as results are only applicable in given cases after the dietetic needs of the person have been discovered by careful individual tests, it is impossible in a short way to give more than a few of the general findings.

From thousands of experiments made by Drs Lahmann, Koenig, Bunge, Hensel, Lindlahr, Tilden and others, the following may be taken as facts which are worth study on the part of any individual.

The nitrogenous food elements, the proteid albumin and gluten classes, such as predominate in meats, eggs, grains and rice, also the fats, starches and sugars, are all what may be called negative types of food. That is, in the process of digestion they produce acids such as carbonic acid, which tends to upset the processes of oxidation and combustion, on which depend the vital functions, resulting in what is known as anæmia. Other acids formed by these foods are carbonic, uric, sulphuric, phosphoric, hippuric, and various harmful alkaloids, such as xanthine, creatine, and ptomaines which, unless rapidly and thoroughly eliminated, form a fruitful source of disease.

The dietetics of the regular schools of medicine and vegetarianism deal solely with the protein, carbohydrate and fatty foods. In other words, with six elements (C.O.H.N.P.S.) out of the fifteen or more

found in the human body. Now the findings of the investigators above mentioned go to show that for a properly balanced diet the processes of digestion, absorption and assimilation are by no means all that constitute the study of scientific dietary. Quite as important as any of these is the selecting and combining of foods so that they may be easily *eliminated* from the system after they have supplied the material needs of the body.

In the digestion of protein, fatty and starchy foods certain poisonous acids are produced. These require to be neutralised by the *alkaline mineral elements* before they can be thoroughly and expeditiously eliminated from the body. The action of these minerals is to combine with the various acids and form salts, thus carbonic acid is changed into sodium carbonate, uric acid into urates. Should the diet be poor in these acid-binding and positive alkaline bases, the acids balance up with those which are to be found in the bones and muscular tissues and thus rachitic, scrofulous and wasting diseases are brought about.

The digestion of the proteins, fats and carbohydrates is dependent upon a plentiful supply of oxygen, and this is carried to the digestive organs through the blood only when there is a sufficient quantity of iron in its composition. This iron, however, has to be in organic (vegetable or animal) combination before it can be made use of in the body. Mineral iron given in tonics is received by the body simply as foreign, irritating matter—hence called "tonic."

Unless we know the conditions existing in any special case, it is impossible to prescribe a rational diet. Food which would be quite suitable for a man engaged in hard physical labour would be quite out of place for a man living a sedentary life. A diet adapted for a fleshy, vital person is not likely to be

suitable for a lean, nervous individual. Also, the age, climate, environment, heredity, etc., are all determining factors in a scientifically balanced diet. The present tendency of the orthodox medical dietician is to emphasise the importance of so-called strengthening foods, such as meats, fish, eggs, cheese, etc., all of which are, unfortunately, comparatively poor in the eliminating and rich in the clogging and acid-producing elements. The vegetarian schools merely substitute nuts, peas, beans, lentils and other vegetable proteins which have all the harmful clogging and uric acid producing tendencies of the aforementioned, while they lose what may be in some cases a valuable factor in the well-being of certain types of humanity —the animal magnetism permeating all animal flesh. Unfortunately, this again may be harmful in itself, as in cases where the animal has been terrified before slaughter, or where the death agonies have been prolonged.

It seems to be not at all uncommon for many vegetarians to partake of sufficient of the pulse foods at one meal to equal several pounds of meat in protein "richness." This, with all the poisonous acid-producing and clogging tendencies which the greater quantity of meat would make one subject to. Most vegetarians in this country also seem to make the mistake of partaking of an oversupply of starches. This leads to bowel-clogging and autotoxæmia (self blood-poisoning). Really the only points on which the present schools of vegetarianism score over their meat-eating brethren are: (1) humaneness; and (2) simplicity in combination of foods—sometimes.

Any attempt to judge the value of food by the number of calories or heat units present in a given quantity merely illustrates the shortsightedness of such investigators. If digestion was the sole and

ultimate object of the partaking of food, this standard would be passably correct. But digestion is merely a means to an end ; the actual use is made of the elements after they have been digested, and unless the proper elements are supplied no amount of digestion can possibly create them. A person setting out with the intention of building a marble palace would not be very successful in his effort if he took as building material any old kind of stone and lime that came in his way. " Jerry-built " houses and weakly people often have this in common—bad selection and poor combination of the building materials.

If the theories of these investigators were correct it would be only necessary to feed into the body by means of a hopper or filler the required number of calories per day.

The only really satisfactory guide in food matters is to follow the natural standards and be guided by the *natural appetites.*

By natural appetite we do not mean the abnormal cravings arising from the sub-acute irritation of the mucous membranes of the intestinal tract set up by continuous indulgence in irritating foods, tea, coffee, tobacco, condiments, and eating between meals. These cravings are no more natural hunger than is the drunkard's craving for intoxicants.

It is impossible to arrive at a clear understanding of truly scientific dietetics without a knowledge of the chemical constituents of the various food classes.

The Nature Cure school, in arriving at a standard from which to work in matters of diet, took into account not only the difference between milk and blood. They took especial note of the difference between the milk from unhealthy mothers and from the healthiest mothers they could find. This experiment

was also carried out in analysing blood and with foods taken from various soils.

In comparing the analysis of milk and blood it is found that milk is much richer in lime and potassium, while blood contains larger percentages of iron and sodium. The reason for this is that the fully developed body requires less building material than the growing body, but much more of the oxygen-carrying, eliminating and magnetism-producing sodium and iron. For these reasons *milk is the correct standard for the growing body, while blood is a better standard for the needs of the adult.*

The outstanding difference between the milk of healthy and unhealthy mothers is that the healthy mother's milk is much richer, not only in magnesium, sodium and iron, but, to the baby the all-important bone and tissue building calcium and potassium. It is in exactly the same elements that the main difference lies between the blood of healthy and unhealthy people. From this it will be clearly seen that although in quantity proportionately small, the scientific dietician cannot afford to accept an analysis of any food as being complete or indeed of much value which classifies such a number of different and important elements under the one heading of "ash."

Recently orthodox dieticians are grudgingly admitting some of the Nature Cure contentions regarding the value of these salts. They do not explain it all so simply, but make rather a mystery of it under the title "vitamines"—a "something" corresponding very closely to the organic salts in its effects but intended to be held in proper respect, not to be investigated.

Another considerable difference between the milk from the healthy and unhealthy mother lies in this—

that the thoroughly healthy mother, living on a clean and nourishing diet, supplies milk which is considerably richer in the nitrogenous food elements, while usually containing less of the fatty element and markedly less of the carbohydrate elements, than that of the average unhealthy mother living on a starch and protein diet, with an insufficient quantity of vegetables and fruits. The most valuable application of this knowledge is that from this more thorough analysis we are enabled to supply with a satisfactory substitute the baby who is in the unfortunate position of being unable to obtain mother's milk. In cases where the mother is unable to nurse her child the regular schools of dietetics give cow's milk diluted with water. The " ash " is made up by adding lime water. Thus the percentage of all the elements is lowered even below the standard supplied by quite unhealthy mothers, with the one exception of the nitrogenous element.

Now the milk from a *healthy* mother is for all practical purposes the same as that supplied by a healthy cow, with the exception of the nitrogenous element, and this is of extremely little importance as compared with the muscle and bone building, and the positive eliminating elements. From this only one satisfactory theory of feeding could be arrived at by these careful investigators—namely, that pure, undiluted, fresh cow's milk should be given to the infant, care being taken that the quantity should be slightly restricted. To this diet was added a very small quantity of the juice of fresh tree fruits (as differentiated from that which grows on vines). The success of this plan of feeding has been even better than the hopes of the first experimenters.

No one who has seen and compared these healthy, lively and vivacious children, with clean-cut and

beautifully toned muscles, with either the flabby and water-saturated babies fed on watered milk and starchy patent foods, or those fed on watered milk alone, anæmic and dyspeptic, could question the suitability of this combination, which may be adjusted to suit every type of infant.

In the regular schools the analysis of foods and blood give the percentages of water; nitrogenous food elements (C.O.H.N.P.S.) fats and oils, also sugar, starches, etc.—hydrocarbonates and carbohydrates (C.O.H.). The other elements are merely classed as "ash." This leaves them without any definite knowledge of what constitutes a properly balanced food. Because if certain elements in a food are not balanced up with their opposites (acid-forming with acid-neutralising and eliminating elements, for instance), then to enable that food to be used in a properly balanced dietary some other food, strong in the weak points of the first, must be given to correct its deficiencies. Investigation along these lines is, for the actual experimenter, tedious and difficult. This is because such elements as potassium, sodium, magnesium, iron, calcium, silicon and chlorine, although of great importance in determining the value of any food in its ultimate effect on the body, are present in such limited proportions as to require their being calculated in so many parts per thousand of dry substance.

A short description of the functions of the more important of these elements will give a clearer understanding of how much depends upon their presence in normal proportions.

Iron, the principal constituent of the colouring matter or hæmoglobin of the red blood corpuscles, is the oxygen-carrier to the cells. It combines with the oxygen in the lungs and delivers it to the tissues while

passing through the capillaries. Without oxygen combustion is impossible, and digestion is but a process of combustion. Without oxygen there would be no heat produced and the burning up and elimination of waste matters would cease. It is the iron of the blood moving through the salty solutions of the blood itself which produces the magnetism of living flesh.

Sodium.—The digestion of foods rich in carbon, oxygen, hydrogen and nitrogen is, to some extent, a process similar to the burning of coal. These are the fuel materials and the four unstable negative gaseous elements entering into the composition of the human body. Like coal in the process of combustion they give off CO_2 (carbon-dioxide). This is a very poisonous gas, and unless rapidly eliminated endangers life. If permitted to accumulate it will extinguish the life of the body, just as it would the fire in a furnace.

On sodium depends the power of the body to rid itself of carbon-dioxide. The following illustration will be more clearly followed by those who are unused to chemical terms if they think of the separate atoms as separate individuals. The atom of phosphorus is, say, the fickle husband, one atom of sodium is the faithful wife, and the other atom of sodium is the adventuress of the story !

In healthy arterial blood sodium circulates as disodium phosphate ; one atom of phosphorus combined with two atoms of sodium. This union, however, is of an unstable nature. The true and lasting combination is one atom of phosphorus to one atom of sodium. The second atom of sodium is but a loose addition. The moment this unstable atom of sodium meets with a stronger attraction it deserts the phosphorus and unites with the more powerful affinity. Of such a character is carbon-dioxide. This new union results in sodium carbonate, but neither is this combination

of a stable nature, for when the lungs are reached the CO_2 leaves the sodium and passes off through expiration into the open air. The sodium has to fall back on its former friend, the phosphorus, and the journey is again commenced and the process repeated. Should sodium be present in insufficient quantities the CO_2 gradually accumulates. As a result asphyxiation takes place. That is, the processes of the burning up of waste matter, digestion and heat production are only partially carried out from incomplete oxidation.

Symptoms of this condition are visible as loss of weight, blue colour of hands, lips and skin, loss of appetite, night sweats and various other signs of consumption.

In certain cases this incomplete combustion of food materials and partial oxidation of tissue waste causes fatty degeneration. Food material, instead of being transmuted into heat and energy, becomes fatty deposits. Such people have invariably the same complaint: "I do not eat half so much as So-and-so, but he is thin, and everything I eat seems to turn to fat." This is perfectly true, because the lack of complete oxidation of the foods turns the sugars, oils and starches into fat instead of reducing them into heat and energy. Such a condition is curable only if an increased amount of organic sodium is taken into the system in the form of fruits and vegetables rich in this element.

From this it will be seen that exactly the same condition (lack of sodium) may, in individual cases, bring about seemingly opposite conditions—flabby stoutness or consumptive emaciation. It will also be understood why obesity is often the forerunner of consumption.

Calcium.—Lime in conjunction with silicon, phosphorus and magnesium imparts the textile strength

to the bones. Should these elements be lacking in the diet, rachitis, scrofula, hæmophelia (tendency to bleeding), premature decay of the teeth and certain other diseases will result. Calcium also neutralises and is of assistance in eliminating poisonous acids. The same applies to silicon and magnesium, which latter element (magnesium) is also important in connection with the production of the magnetic currents in the blood.

Should any of these elements be present in insufficient quantities in the daily dietary, the acids constantly being produced as a result of protein digestion set up destructive conditions in the body by leeching from the tissues their alkaline constituents. This results in weakening and eventual breaking down of these tissues. This is well illustrated in the case of those who subsist on large quantities of lean meat, with insufficient fruits, vegetables, fats, starches and sugar. Such a diet is sometimes used for the reduction of flesh, but not only is the adipose matter reduced, destructive processes are also set up in the muscles and bones. After being cured of obesity by such means (the lean meat diet) the patients are weak and nervous and subject to the various uric acid conditions, such as rheumatism, stones in kidneys, bladder, etc., heart disease, sciatica and so forth.

Potassium.—This element serves as the foundation for the muscular parts of the body, just as lime does for the bony structures. In the Nature Cure School of Dietetics potassium is classed as a passive or tissue-building element as differentiated from the active working elements such as sodium.

To give an idea of how the Nature Cure School now classifies foods a few illustrations are given. (See attached tables.)

It will be seen from these tables that of the foods

(*Parts per* 1000)

FOODS	Water	NEGATIVE Gaseous, earthy or mineral elements. Acid forming							Passive	POSITIVE Acid neutralising, binding and eliminating elements				Totals of acid forming proteins, fats and carbohydrates	Totals of positive eliminating elements. Na., Ca., Mg., Fe.
		Protein C.O., H.N. P.S.	Fats, Oils	Starches, Sugars	P.	S.	Si.	Cl.	K.	Na.	Ca.	Mg.	Fe.		
Lean Beef	720	200	50	4	17	·64	·44	1·56	16·52	1·44	1·12	1·28	0·28	254	4·12
Eggs	736 7	125	121	5·5	15·72	·13	·13	3·72	6·27	9·56	4·56	·46	·17	251·5	14·75
Spinach	884·7	24·9	5·8	44·4	19·58	13·18	8·6	12·03	21·71	57·42	22·73	12·2	6·4	75·1	98·7
Potatoes from old soil	754·8	19·5	1·5	207·2	7·48	2·89	·88	7·55	26·56	1·33	1·15	2·18	·48	228·2	5·14
Potatoes from soil rich in minerals	750	20·8	1·5	210	16·0	6·0	2·0	—	58 06	3·48	3·16	5·2	1·5	221·3	13·44
Apples	847·9	3·6	—	123·4	4·52	2·81	1·42	—	11·78	8·61	1·35	2·89	·46	127	13·31
Walnuts	46·8	163·7	628·6	78·9	9·31	—	—	—	6·62	·48	1·83	2·77	·28	871·2	5·36
Grapes	781·7	5·9	—	163·2	3·93	1·41	·7	·38	14·16	·35	2·72	1·06	·1	169·1	4·23
Peas	149·9	228·5	17·9	523·6	10·87	1·03	·27	·53	13·06	·3	1·45	2·42	·24	770	4·41
Whole Wheat Flour	136·5	123·5	17·5	679	10·9	·09	·46	·07	7·2	·5	·75	2·8	·3	820	4·35
White Flour	134	104	12·0	694	2·8	—	—	—	1·82	·08	·43	·44	·03	810	0·98

analysed those which are high in positive mineral acid neutralising and eliminating elements are low in the destructive acid-forming protein, fatty and starchy elements. The fact is that practically all foods which are high in the one are low in the other and *vice versa*. From this it becomes possible to balance up a diet by combining the foods of the various classes so that the proper standard is approximated in all the elements.

The Nature Cure School divides the various food-stuffs into seven classes. These are named positive or negative, according to whether they have an excess of the eliminating or acid-forming elements :

Class 1.—The dairy products—positive.

Class 2.—Meat and blood products—positive. This class has many exceptions—various parts of meat and certain fish being negative.

Class 3.—Vegetables and fruit grown in or near the ground—positive. The exception in this class is potatoes grown in old soil fertilised with farmyard manure—negative.

Class 4.—Juicy fruits from trees and shrubs—slightly positive.

Class 5.—Nuts from trees—negative.

Class 6.—Foods from vines—negative. (This includes grapes, lentils, beans and peas.) The exceptions to this class are vegetable marrow and tomatoes—slightly positive.

Class 7.—Grains—negative.

These foods are put into three groups :

1.—Those rich in organic salts, under which all vegetables, with the exception of potatoes, are placed, also apples, oranges, lemons, plums, prunes, pears, peaches, apricots,

cherries and all berries, the outer dark layers of cereals and rice, and milk.[1]

2.—Carbohydrates, fats and oils, and to this group belong the inner white parts of grains and rice, fats from nuts, potatoes, olives, bananas, dates, figs and grapes; sugar, cooking oils and fats, milk, cream, butter, honey, yolk of eggs.

3.—*Proteins*.—These are foods rich in gluten, albumen and other proteins, but comparatively poor in organic salts; peas, beans and lentils, muscular parts of all animals, fish and fowl, nuts, cheese and white of eggs.

As nearly an ideal diet as can be roughly approximated would consist of something like one half of group 1 with one-quarter each of groups 2 and 3. This will be found a good standard for anyone to work from who wishes to make experiments, but in almost every case slight adjustments have to be made to meet the varying needs in individual cases.

Another point in diet which requires careful working out in many states of the body is the combinations in which foods may be taken. Apart from bad balancing as to ingredients, certain foods are mutually antagonistic. Thus, in most cases, fresh acid fruits will set up digestive disturbances when taken at the same meal with starchy food of any kind. Other combinations which may have to be avoided in certain cases are milk with vegetables or acid fruit; milk with eggs; sweet fruits and fats; eggs with sugar or nuts.

Fresh bananas, as we get them in this country, are

[1] The red blood of animals also belongs to this group, so that if we desire to eat animal flesh we should have to follow the example of the carnivorous animals to get a properly balanced diet. Flesh, blood, skin, and to some extent bone, would be required to furnish an all-round food.

usually ripened in the holds of ships or dark cellars, having been cut from the tree when quite immature. To be digestible they have to be ripened on the tree in the sunshine. They contain such a high percentage of the starch element that this seems to be imperative. They are about the only fruit which it is well to avoid giving to children or anyone suffering from digestive ailments. The same disability does not apply to "banana-figs" or dried bananas, which are a perfectly wholesome food.

The benefits to be derived from a clean and properly balanced diet are almost innumerable. By careful food selection and the avoidance of drugs a baby will grow to a strong and vigorous manhood or womanhood without knowing anything of the numerous miseries that beset the path of the average food and drug poisoned child.

The expectant mother can, by proper foods, combined with appropriate exercise and suitable clothing, assure herself of an easy and practically painless delivery. To this add the pleasurable knowledge that she is physically doing all that is in her power to make for a vigorous and healthy offspring. Of many hundreds of children whose parents have followed the Nature Cure methods of living, the outstanding feature in every case has been the rapid recovery of the mother and what seems like phenomenal and rapid growth of the intelligence of the infant. Most Nature Cure babies are able to stand with perfect confidence within a very few months of birth.

Add to this the fact that a non-clogging diet saves one from any real or imaginary "need" of medicine: allows one to enjoy thoroughly the subtle and otherwise largely imperceptible flavours of simple foods.

Over and above all these advantages one's mind can be completely relieved of all fear of the terribly

painful and often unsightly uric acid diseases, which, with the chronic medicinal diseases, are the almost universal heritage of civilised humanity to-day.

The following recipes have been selected with a view to helping those who are desirous of improving the quality and composition of their diet. They are not all such as would be recommended to patients who are required to exercise special care, but the methods of preparation and combination will be found of practical value in almost any ordinary family.

One rule, which should be followed by everyone, is to avoid eating—even the simplest of foods—when tired. Exertion of any kind requires a certain expenditure of nerve energy. Tiredness is a sign that all the available nerve energy at the moment has been used up. Digestion and assimilation require a considerable amount of nerve force. This nerve force is stored up during rest. It is much better to miss a meal altogether than to eat when exhausted.

V

RECIPES

Soups

Pure vegetable soups, properly prepared, form a most nourishing and palatable addition to a meal. They are rich in organic salts, contained in a form in which they can be easily assimilated. Soup should be taken slowly and not too hot. It is well to take a piece of dry wholemeal bread with the soup in order to ensure a proper mixing with the saliva.

It is not necessary to begin every dinner with soup —every other day or even twice weekly is quite often enough.

Many people have the idea that good soup cannot be made unless meat or meat stock of some kind is used. Now, to use the watery extract obtained by boiling bones adds very little to the nourishing properties of soup, whereas the water in which vegetables have been boiled is extremely nutritious and should never be thrown away, but used as stock.

If butter is used in the soup let it be put in just before serving ; do not allow the butter to boil with the soup. The reason for this will be explained under "Fried Foods."

Soups, vegetables, etc., should not be salted until they are nearly finished cooking. The natural flavour and health-giving properties of the foods are thus much better preserved ; also it is better to undersalt than to oversalt. It should always be made a rule that food put on the table should contain less salt

than is agreeable to the taste, each person adding sufficient to their taste.

CREAM OF ONION

Peel, wash and slice three good-sized Spanish onions. Stew gently with a little water for about half-an-hour, and then add a quart of milk and allow to cook for another half-hour. Strain, thicken with a little flour and water. Add salt, a piece of butter, and serve.

WESTMORLAND SOUP

Half-a-pound red lentils soaked overnight in plenty of water, 1 grated carrot, a small piece of turnip, 1 finely chopped onion, and 3 medium-sized tomatoes cut into small pieces. Cook with three quarts of cold water. Boil for 1½ hours. Strain, thicken, and allow to boil for another 10 minutes.

CLEAR VEGETABLE BOUILLON

Take turnips, carrots, parsnips, onions, cabbage, parsley, leek, tomatoes, celery or any other vegetables you may have. Scrape, wash and cut into pieces. Add sufficient water and one cupful of lentils and cook for two to three hours. Strain, add a little butter and salt. (This is excellent stock for other soups.)

SAGO SOUP

To 1 quart of stock (see above recipe) add 1 tablespoonful of sago, and allow to boil for about 20 minutes. Just before serving add the well-beaten yolk of 1 egg.

RICE SOUP

To 2 quarts of stock add half-a-cupful of rice and cook for half-an-hour. Carrot, turnip or leek cut into small pieces, added to the stock and allowed to cook for 20 minutes to half-an-hour before putting in the rice is an improvement.

ST JULIEN SOUP

Half-a-cupful of dried green peas, soaked overnight, 1 small cabbage (shredded finely), 2 good-sized carrots, 1 large piece of turnip, 1 Spanish onion, and 2 or 3 leeks cut into very small pieces. Add about 3 quarts of water, and allow to boil until tender—probably about 2 hours. Add a generous piece of butter (or nut margarine), salt, and serve.

TOMATO SOUP

To 1 tin of tomatoes add 1 large Spanish onion (chopped finely), 1 grated carrot, 2 large bay leaves, and 1 quart of water. Allow to cook for about 1½ hours. Season, strain, thicken, and, if desired, add a little butter.

CELERY SOUP

Three cupfuls of celery cut into ½-in. pieces, 1 pint of boiling water, 2½ cupfuls of milk, a piece of Spanish onion, and a generous lump of butter. Thoroughly wash the celery. Cut into pieces and cook in boiling water until soft. Rub through a sieve. Scald the milk with the onion, remove onion and add the milk to the celery. Thicken with a little flour and milk mixed together. Add butter and salt to taste.

CELERY SOUP (*Another Way*)

One head of celery, 1 tablespoonful semolina, 2 oz. butter, 4 pints hot water, 1 pint of milk, salt. Separate the head of celery into stalks, wash well, and cut into small pieces. Toss them in bottom of pot with butter, but do not brown them. Add water and boil for about an hour, then stir in semolina and boil for another 30 minutes. Remove goblet from fire and in 5 minutes add milk also. Bring soup to the boil and serve.

Vegetables (for Cooking)

A few hints for the cooking of vegetables :

Be careful not to overcook. As a rule, cook the vegetables slowly in order to preserve the life energy of the living plant, which is lost in proportion to the heat applied in cooking. Salt should be used in moderation, and pepper and spices should always be avoided. Learn to appreciate the natural flavours of the foods, and spicing will then become wholly superfluous. While living on an unnatural diet our sense of taste becomes so depraved that it is sensitive only to the stronger-tasting substances, such as salt, spices, meat juices, relishes, etc., but as we begin to live along natural lines our sense of taste becomes more normal, and the craving for seasoning and spicing ceases and we enjoy simple foods cooked in a simple way.

Cook vegetables in very little water, or, better still, cook in a casserole or steam them (under pressure, if possible) in order that none of the organic salts may be lost. If there is water to drain off from the vegetables *do not throw it away*, but use it in preparing a sauce to serve with the vegetable, or keep it as stock

for soup. When vegetables are cooked in the ordinary way—that is, with a great deal of water—and the water thrown away when the vegetable is cooked, much of the food value is lost.

Use peas, beans and lentils sparingly. These, with nuts, are the clogging foods of the vegetable kingdom, and the great mistake of present-day vegetarianism lies in the overuse of these to the neglect of the healthier and more vitalising green, leafy vegetables.

ASPARAGUS

Cut off all that is very tough. Untie bunches, wash carefully and retie. Cook by steaming until tender, without being soft. Remove string and serve with a little melted butter or white sauce. (With regard to salt, see note under soups.)

BOILED BEETROOT

Wash (being careful not to bruise the skin or roots in any way) and cook whole in boiling water until soft. Do not probe with a fork to see if they are ready ; medium-sized beets usually require boiling from 2 to 3 hours. When ready place in cold water, in order that the skins may come off easily. Cut in slices, put in a saucepan and add a generous piece of butter. Shake over the fire until butter has melted. Serve.

BRUSSELS SPROUTS

Pick over, remove withered leaves and allow to soak in cold water to which a little salt has been added for 15 minutes. Cook in a little boiling water or steam until tender. Serve with white sauce.

CABBAGE

Trim, cut in quarters and remove tough stalk. Soak in cold water, drain well, and allow to cook for about an hour. It may also be chopped up and a little butter added. Spring cabbage requires much less cooking.

CARROTS (YOUNG)

Scrape and cook gently in a little boiling water (or steam) until soft. Serve.

CREAMED CARROTS

Wash and scrape carrots. Cut into very small pieces, barely cover with water, and cook till soft and all the water is absorbed. Cover with milk. Allow it to boil, and thicken. Add a little piece of butter.

CREAMED CAULIFLOWER

Remove coarse outer leaves, cut off stalk and allow to soak for some time in salted water—the head of the cauliflower in the water. Cook until tender. Separate the flowerets and reheat in a white sauce.

CAULIFLOWER AU GRATIN

Prepare exactly as for creamed cauliflower. When cooked, place whole cauliflower on serving dish and pour over all a white sauce. Sprinkle with bread-crumbs and grated cheese, some little bits of butter, and bake in a moderate oven until light brown.

CELERY IN WHITE SAUCE

Wash, scrape and cut the stalks in 1-inch pieces. Cook in a little boiling water until soft and water has been absorbed, and to two cups of celery add 1 cup of white sauce.

FRENCH BEANS

When very young the pods need only to be clipped, cut and steamed or boiled in a very little water until tender. When older, cut off the ends, strip off the strings and cut each bean into 3 or 4 pieces. They may be served with white sauce.

LEEKS ON TOAST

Wash and trim leeks ; cook in a little boiling water until soft. Season and arrange on pieces of buttered toast.

BOILED ONIONS

Peel desired number of Spanish onions under cold water. Place in a saucepan, cover with boiling water and allow to cook for 5 minutes. Drain off water, and again cover with boiling water and cook for about 1 hour. The onions should be soft, but not broken. Drain, add a small quantity of milk, cook 5 minutes, add a little butter. Serve.

ONION RINGS

Peel Spanish onions. Cut in fairly thin slices, and with a fork dip the slices in milk, then in wholewheat flour. Drop into pan containing smoking hot butter or nut butter, and allow to brown nicely.

PARSNIPS

Wash and scrape parsnips. Cut in pieces about 2 inches long and ½ inch wide. Cook in boiling water or steam until soft. Serve with or without a white sauce.

BOILED POTATOES

Wash and peel potatoes. Cook in slightly salted water until done. (New potatoes should be cooked in *boiling* water, with a spray of mint.) Drain, shake over fire, and serve.

FRENCH FRIED POTATOES

Peel large potatoes. Cut in narrow strips lengthwise. Put in cold water. Drain and then drop into smoking hot oil (vegetable oil or a nut butter), and fry a nice brown. Serve quickly.

BAKED POTATOES

Wash and peel potatoes of medium size. Place in roasting pan with a generous piece of butter and a little salt. Cook in hot oven for about an hour. When ready they should be a nice brown all over and the centres quite soft.

GREEN PEAS

Shell the peas. Wash and put on to cook with a spray of mint in just enough water to cover. When done add a little butter and shake over fire until butter has melted. Serve.

DRIED GREEN PEAS

Allow peas to soak overnight in plenty of water. Pick over carefully and put them in a pan of boiling water. Cook for about 2 hours. When partly ready add a few slices of Spanish onion. Thicken with a little flour and milk mixed together, and a small piece of butter.

(NOTE.—When cooking peas it is always well to add a little onion, as this will help to make up the important positive, acid-binding and eliminating salts which are almost entirely lacking in the pulses—peas, beans and lentils.)

BOILED SPINACH

Cleanse carefully, washing in several waters, and remove withered leaves. When young and tender put in saucepan and allow to heat gradually and cook in own juices for about 25 minutes. Drain, chop finely and return to pan with a little butter. Serve garnished with slices of hard-boiled egg.

STEWED TOMATOES

Remove the skin of tomato by placing in boiling water for a few minutes. Cut in pieces. Put in stewpan, cook slowly for about 20 minutes, stirring occasionally. Add a little butter, and serve.

BAKED TOMATOES

Wipe and remove a thin slice from the stem-end of medium-sized tomatoes. Scoop out seeds and pulp, add an equal quantity of brown breadcrumbs and a

little Spanish onion (previously cooked) chopped finely. Refill tomatoes with the mixture. Put a small piece of butter on top of each tomato and sprinkle with breadcrumbs. Bake for 20 minutes.

MASHED TURNIP

Wash and peel rather thickly. Cut in slices and cook in boiling water (or steam) until soft—about 1½ hours. Drain, mash and add a small piece of butter.

VEGETABLE MARROW

Peel off the thick skin and cut into square pieces. The seeds should be removed. Boil until tender in slightly salted water. Drain and serve with a little melted butter.

WHITE SAUCE

Put 1 oz. of butter in saucepan and allow to melt ; add 1 oz. of flour, stirring flour and butter together until perfectly smooth. Add gradually a teacupful of milk. Keep stirring until the mixture thickens and then allow to cook gently for a few minutes longer. Season to taste.

Salads

No diet can ever be successful, from a health standpoint, unless fruits and raw vegetables form a part of the daily menu. One of the outstanding benefits to be derived from an uncooked dietary is the thorough mastication which is necessary to insalivate the grains, nuts and vegetables in their natural state. This not only tends to keep the teeth in a better state of pre-

servation, but allows of a much better use to be made of the foods partaken of, giving the person much greater "staying" power. It is one of the strongest agents known for overcoming the all too prevalent habit of overeating.

When preparing raw food it is advisable not to use vinegar, which is a product of alcoholic fermentation and often contains injurious chemicals. Even when quite pure its action is to mummify vegetables upon which it is used. Lemon juice is the natural "vinegar"; it promotes digestion, while vinegar retards it.

The following are a few dressings which can be used according to individual taste:

Lemon juice.

Lemon juice and sugar or honey.

Lemon juice and olive oil or nut oil.

Stir into one cupful of sour cream 3 tablespoonfuls of sugar, add lemon juice to taste.

Stir into 1 beaten egg 1 cupful of cream, the juice of 1 lemon, and sugar to taste.

Juice of 2 lemons, half-a-cupful of water, pinch salt and 2 tablespoonfuls olive oil.

Mayonnaise Dressing.—The yolk of 1 egg, 1 teaspoonful of salt and sugar stirred together (always in one direction). Add a cupful of olive oil, drop by drop, and lastly, in the same manner, the juice of 2 lemons. Keep in cool place.

TOMATO SALAD

Choose nice crisp lettuce, shred down and place in salad bowl. Scald, peel firm, ripe tomatoes. Cut in slices and mix with lettuce. Pour over any of the salad dressings before mentioned. The flavour of the tomato blends very well with the mayonnaise dressing.

SHREDDED CABBAGE SALAD

Shred finely one head of white cabbage and allow to stand in cold water for a considerable time. Drain thoroughly and mix with dressing. Serve on lettuce leaves and, if desired, garnish with slices of hard-boiled egg.

COMBINATION SALAD

Arrange on lettuce leaves sliced tomatoes, cucumbers, radishes, and Spanish onions. Pour dressing over.

MOCK LOBSTER SALAD

Grate 3 carrots and 1 horse radish. Take 3 stalks of celery, half-a-cupful of walnuts and small head of lettuce. Cut all into dice. Mix well with mayonnaise and serve on lettuce leaves.

BEET SALAD

Boil nice fresh beetroots. Peel and allow to cool. Then cut in thin slices, mix well with mayonnaise and serve on lettuce leaves.

CUCUMBER SALAD

Peel and slice cucumber very thinly. Make a bed of lettuce leaves and serve cucumber on top with a little cream dressing over.

CAULIFLOWER SALAD

Cook cauliflower. Arrange flowerets on lettuce leaves. Around this place slices of hard-boiled eggs. Pour over dressing and, if desired, garnish with olives.

FRUIT SALAD

Cut apples, peaches, pineapple and pears in dice and mix with lemon juice. Place in a heap on lettuce leaves. Put a cherry on top and, if desired, a little whipped cream. Serve.

WALDORF SALAD

Take equal quantities of chopped apples and celery. Mix well with dressing and sprinkle chopped walnuts on top. Serve on lettuce leaves.

BANANA SALAD

Peel bananas, cut in half, dip in mayonnaise dressing and roll in chopped walnuts. Serve on lettuce leaves.

Fried Foods and Savouries

These should not form by any means a regular item on the menu. Amongst ordinarily active individuals they may be used occasionally, simply to lend variety.

The rapid cooking and intense heat conducted by melted oils and fats are destructive to the more subtle elements of foods—the magnetic influences. Further, the tendency is for the minute particles of foods when cooked to become thinly coated with a film of fat which renders these particles impenetrable to the salivary and gastric juices. On reaching the duodenum these films of fat are dissolved and leave the starch and protein matter, which should have been digested in the mouth and stomach, to set up fermentive disturbances, which tend to break down the digestive powers of the individual.

In cooking, always use butter or some pure vegetable fat or oil. Do not use suet, lard, or any other dead animal product.

HAZEL NUT RISSOLES

Mix together 2 cupfuls ground hazel nuts, 1 cupful brown breadcrumbs, 1½ cupfuls cold mashed potatoes, 1 dessertspoonful flour, 1 teaspoonful of salt, 2 teaspoonfuls chopped parsley, 1 dessertspoonful of onion. Drop in 1 egg. Add a little milk, form into cutlets by shaping in flour or breadcrumbs and fry in deep "nutter" or butter.

MACARONI CUTLETS

These may be made in exactly the same way as hazel nut rissoles—simply substituting cooked macaroni for ground hazel nuts.

CHEESE AND POTATO FRITTER

To 2 heaped cupfuls of cold potatoes add 2 eggs and a little salt. Beat potato and egg until quite light. Add half-cupful flour and 1 cupful grated cheese. Mix together. Drop in dessertspoonful in hot "nutter" (not boiling).

HARICOT CUTLETS

One and a half pounds cooked haricot beans mashed and mixed thoroughly with a chopped Spanish onion. Add 1 egg and 1 cupful of brown breadcrumbs and a little milk. Sage or parsley may be added. Form into cutlets and fry in deep oil.

RICE WITH TOMATOES

Steam 1½ cupfuls unpolished rice. When soft put in pie-dish. Stew 3 large tomatoes, strain, add a little butter and salt. Thicken with a little rice flour, pour over rice and bake in moderately hot oven.

VEGETABLE STEW

Half pound haricot beans par-cooked, 1 onion, turnip, carrot and potatoes all cut in large squares and allowed to cook in enough water to cover until ready. Add a little salt and a generous piece of butter.

BARLEY SAUSAGE

Cook 1 cupful of barley in slightly salted water. Let it be very stiff. When cool add a well-beaten egg and a small grated Spanish onion. Season with sage. Shape into small sausages and brown in butter.

FRIED SPAGHETTI

Break spaghetti in small pieces. Cook about 30 minutes in slightly salted water. Strain and fry a nice brown in butter.

SAVOURY PIE

Put a layer of cooked haricot beans in pie-dish, then on top place slices of par-boiled turnip, carrot, Spanish onion. Add a little water—that strained from turnip or carrot is excellent—and a piece of butter. Cover with a rough puff pastry and bake for about an hour or longer, according to size.

WALNUT PIE

Have ready some whole boiled rice and a teacupful of ground walnuts. Put layer of rice in bottom of pie-dish. On top of this put half of the grated walnuts, then a layer of tomatoes and a little grated onion. Repeat the process. Cover thickly with brown breadcrumbs. Put some small pieces of butter on top and bake until a nice brown. Serve with tomato sauce.

PARSNIP CAKES

Mash cold-boiled parsnips. Season with sage or onion. Form into small cakes. Dip into beaten egg and breadcrumbs and fry. Serve very hot.

WHOLE WHEAT BREAD DUMPLINGS

Half-a-pound of whole wheat breadcrumbs soaked in milk. Add 1 egg, 1 chopped onion. Fry in butter. Add salt. Allow to stand for 1 to 2 hours to thicken. Take a spoonful at a time, roll lightly in hand, dip in flour, and boil for 5 or 10 minutes. Pour fried onions over and serve.

FRENCH MACARONI

Put pulp of tin of tomatoes in bottom of pie-dish. Place 3 oz. macaroni in boiling water for 15 minutes—stirring all the time. Lay on top of tomatoes, then add a layer of grated cheese, a little salt, and some small pieces of butter.

PIE CRUST FOR SAME

Mix together ½ lb. flour, 3 oz. nutter, a little salt, 1 dessertspoonful grated cheese. Drop in 1 egg and

a little cold water. Mix with tips of fingers. Put on floured board, work together. Roll three times each way. Cover pie-dish. Bake 20 minutes in very hot oven.

FORCE MEAT BALLS

Mix together 3 dessertspoonfuls of flour, 1½ cupfuls brown breadcrumbs, 1 cupful cold potatoes, 1 dessertspoonful chopped onion, 1 tablespoonful ground nuts, salt, ¼ cupful sweet milk. Form into balls and fry in "nutter," not quite boiling.

MOCK SALMON

Put in a saucepan 1 tin strained tomatoes, small piece of butter, salt, 1 dessertspoonful grated cheese, small piece of grated carrot, and allow to boil. When boiling stir in 3 oz. ground rice and 2 dessertspoonfuls mashed potatoes. Let the mixture cook until thick. Turn out on to floured dish to cool. When cold roll in flour, place in buttered tin and bake in slow oven for over 15 minutes. Cut in slices to serve. Serve with buttered sauce and a little lemon.

BUTTERED SAUCE

One dessertspoonful butter melted on slow gas. Add 3 dessertspoonfuls flour. Stir until smooth, then add 3 cupfuls sweet milk, a little salt, and boil gently for 5 minutes.

MACARONI AND CHEESE

Put on to boil a pint of milk, a little salt, and small piece of butter. When boiling add ¼ lb. fine macaroni. Stir all the time and boil quickly for 10 minutes.

Grate 4 oz. cheese. Put layer of macaroni at bottom of pie-dish, then layer of cheese. Repeat process. Sprinkle on top a few brown breadcrumbs and some little pieces of butter. Cook in slow oven for 10 minutes.

CHEESE AND RICE

Wash half-teacupful of rice. Put in a saucepan with just sufficient cold water to cover, and a little salt. When the water is absorbed add enough milk to swell, and cook the rice without it being too mushy. Remove the saucepan from the fire and stir in 2 oz. of grated cheese, salt, and 1 egg beaten up. Turn into a buttered baking dish and bake in a slow oven until set and nicely browned. This dish may be served with fried tomatoes.

SAVOURY HAGGIS

Rub 6 oz. of nutter (or any other nut fat) into ½ lb. of flour. Add to this ½ lb. brown breadcrumbs, 1 onion, chopped, 1 teacupful oatmeal and either 1 or 2 eggs. Season to taste. Add sufficient cold water to make the mixture fairly stiff. Steam for 2½ to 3 hours.

Desserts

Recipes for the various kinds of milk puddings are to be found in almost any cookery book. Any of these in moderation may form a perfectly legitimate part of health dietary. The following few recipes may help to add somewhat to the variety of a meal.

In most cases it is advisable to avoid eating fresh acid fruit at the same meal at which milk pudding is partaken of. The fruits which are in harmony with starchy foods are dried fruits—prunes, figs, dates, raisins. Also in most cases pineapple (the only fruit

containing HCl) and rhubarb will be found to agree. Individual experiment will solve this question.

PRUNE MERINGUE

Stew 1 lb. of prunes. Remove stones and chop up. Add the juice of half a lemon and a large cupful of breadcrumbs. Butter a pie-dish and fill it with alternate layers of prunes and breadcrumbs. Pour over ½ pint of custard, and put whipped-up white of egg on top. Bake for 20 minutes.

WASHINGTON BAKED APPLES

Peel and core nice large apples. Wash well. Fill the cavity with chopped nuts and raisins. Put a small piece of butter on top of each and bake for about 1 hour. Sprinkle a little castor sugar over each and serve hot with or without cream.

STEAMED FIG PUDDING

Mix together 1 cupful breadcrumbs, 1½ cupfuls flour, ½ cupful sugar, 1 teaspoonful spice, 1 teaspoonful baking powder. Add 1 cupful grated nut suet and figs chopped up into small pieces. Mix with milk to a soft paste. Put in prepared bowl and steam for 2 hours.

(Dates may take the place of figs.)

PINEAPPLE FRITTERS

Prepare pancake batter. Cut pineapple in thin slices. Mix gently into batter and fry a light brown on each side. Sprinkle with sugar and serve immediately.

CHOCOLATE SHAPE

Mix 2 tablespoonfuls cocoa or chocolate powder with a little cold milk until quite smooth. Put 1 pint of milk and 1 tablespoonful sugar in saucepan. When quite hot stir in chocolate and bring to the boil. Then add 1 breakfastcupful of breadcrumbs, and boil for 5 minutes, stirring all the time. Pour into a wetted mould ; when cold turn out and sprinkle with castor sugar.

HAZEL NUT SOUFFLE

Mix together 1 dessertspoonful raspberry jam, 1 teacupful ground hazel nuts, 3 cupfuls white breadcrumbs, ½ cupful castor sugar. Separate the yolks from whites of three eggs. Switch up the yolks and beat the whites stiffly. Add 4 cupfuls of sweet milk to the mixture and mix well together. Then add the yolks of the eggs, and lastly the whites, stirring very gently. Bake in a slow oven in enamelled dish for half-an-hour.

FOR FRUIT SALADS see page 117.

VI

MENUS

Suggestions for Dinners in One Week

FIRST DAY

Cream of Onion Soup
Brussels Sprouts or other green vegetables
Macaroni and Cheese
Stewed Prunes

SECOND DAY

Dried Green Peas
Creamed Carrot
Baked Potatoes
Steamed Date Pudding

THIRD DAY

Westmorland Soup
French Fried Potatoes
Cauliflower au Gratin
Pineapple

FOURTH DAY

Hazel Nut Rissoles
Mashed Turnip
Baked Potatoes
Washington Baked Apples

FIFTH DAY

St Julien Soup
Parsnip Cakes
Baked Rice Pudding with Raisins

SIXTH DAY

Tomato Soup
Savoury Pie
A Fruit Salad

SEVENTH DAY

Savoury Haggis
French Beans
Baked Custard with Apricots

Vegetable and Mixed Salads should be added according to the season.

APPENDIX

BREAKFAST

THE Nature Cure school does not favour the so-called no-breakfast plan for the majority of people. Where it can be arranged it will generally be found extremely beneficial to adopt the two-meal plan, the first meal to be taken in the morning between ten and eleven o'clock, and the second one around five o'clock in the afternoon. As business hours will often come into collision with such an arrangement, the three-meal plan is usually more practicable.

Where three meals are partaken of, breakfast should be very light, consisting of, say:

(1) Postum or cocoa, with whole-wheat bread and butter, and a choice from the following:—dates, stewed dried fruits, figs, tomatoes, celery, lettuce, honey, with an occasional egg. This may be alternated with or substituted by:

(2) Fresh fruit breakfast, consisting of fresh fruits of any kind, cooked or uncooked.

On the mornings when the fresh fruit breakfast is partaken of, bread should be avoided.

Starchy, mushy foods, such as porridge and other cereal preparations, are undesirable for those who wish to get the best health value from their foods. For out-of-door workers and others following a vigorous occupation, where the skin is kept active, oatmeal in the form of oatcakes or any

other dry cereal preparation would be quite harmless.

. . . . . .

"Accuse not Nature: she hath done her part;
Do thou but thine."

MILTON.

NOTE ON SPINAL DIAGRAMS

WHILST the diagrams on page 79 are not, strictly speaking, anatomically accurate, they give a fairly clear impression of the ultimate effect of vertebral subluxation and nerve impingement. The effects of slight vertebral movements are not quite so directly arrived at. As a result of the irritation conveyed over the immediately affected nerves the surrounding parts become tense and swollen, thus causing still more pressure upon the primarily affected nerve, and on other, possibly independent, nerve branches as well as upon blood-vessels, lymphatics and adjacent organs. Thus, by indirect means, the final effects upon nerves, blood-vessels and organs are just as marked as if they had been the primary result of direct bony pressure. It is the sum-total of these effects of displacement which brings about the ultimate weakening or disease of distant parts. For this reason what is, pedantically, an inaccurate illustration is allowed to stand, and where lesions are mentioned, the simpler explanations are adhered to throughout this volume.

For the general reader who has no desire to go into the technicalities, an explanation of the foregoing nature is apt to be more confusing than clarifying. Our text-books explain such details very fully: this volume is intended more as an introduction for the beginner than as a text-book.

BIBLIOGRAPHIES

I. THE NATURE CURE

Natural Therapeutics. Vols I. and II. LINDLAHR.
Natural Hygiene. LAHMANN.
Healthology. EALES.
New Science of Healing. KUHNE.
Impaired Health. 2 vols. TILDEN.
The Kneipp Cure. KNEIPP.
The New Curative Treatment of Disease. 2 vols. PLATEN.
The Natural Method of Healing. 2 vols. BILS.
Return to Nature. JUST.
The Bedrock of Health. EBBARD.
How Nature Cures. DENSMORE.
Hydrotherapy. KELLOGG.
Art of Massage. KELLOGG.
Manual of Medical Gymnastics. POSSE.
Encyclopædia of Physcultopathy. 5 vols. MACFADDEN.
Light and Colour. BABBITT.
Colour and Health. POOL.
Uric Acid. HAIG.
Diet and Food. HAIG.
Avoidable Causes of Disease. ELLIS.
Medical Priestcraft, a New Peril. SHAW.
The Cure of Cancer and How Surgery Blocks the Way. SHAW.
Rheumatism and Allied Ailments. KNAGGS.
Cause and Cure of Consumption. KNAGGS.
Fads of an Old Physician. KEITH.
Health Through Breathing. LAZARUS.
Universal Naturopathic Directory. LUST.
Initis. RABAGLIATI.
Zone Therapy. RILEY.
Zone Therapy. FITZGERALD.
Physical and Natural Therapeutics. HAYEM and HARE.
The True Science of Living. DEWEY.
In Tune with the Infinite. TRINE.
The Human Atmosphere. KILNER.
Health and Longevity. SINCLAIR.

Medical Sociology. BLACKWELL.
The Science of Being Well. WATTLES.
The Prolongation of Life. DUDGEON.
Sanitation versus *Vaccination.* BIGGS.
Health at its Best versus *Cancer.* BELL.
Poise and Power. LARSON.
Psychoanalysis. FREUD.
The Great Psychological Crime. T. K.
Facial Diagnosis. KUHNE.

II. IRIDIAGNOSIS

The Diagnosis from the Eye. LAHN.
Iridiagnosis. LINDLAHR.
History of a Cold. LINDLAHR.
Disease Diagnosed by Observation of the Eye. 2 vols. COLLINS.
Iridology. LILJEQUIST.
Diagnosis from the Eye. ANDERSCHOU.
Diagnosis from the Eye. THEILE.
Diagnosis from the Eye. Chart. LAHN.
Diagnosis from the Eye. Chart. THOMSON.

III. SPINAL ANALYSIS

Osteopathic Principles and Practice. TASKER.
Osteopathic Practice. STILL.
Osteopathic Physiology. DEASON.
Spinal Adjustment. FORSTER.
Encyclopædia of Chiropractic. 3 vols. HOWARD.
Technique of Chiropractic. GREGORY.
Rational Therapy. GREGORY.
Osteopathy. BARBER.
Practice of Osteopathy. MURRAY.
Osteopathic History. BOOTH.
Spondylotherapy. ABRAMS.
Spondylotherapy Simplified. GREGORY.
Modernised Chiropractic. 2 vols. LANGWORTHY.

IV. DIET

Vegetarian Cook Book. LINDLAHR.
Food. 2 vols. TILDEN.

Pocket Dietician. TILDEN.
Vitality, Fasting and Nutrition. CARRINGTON.
Tropho-Therapy. DREWS.
A. B. Z. of Nutrition. FLETCHER.
Fasting Cure. SINCLAIR.
The N. C. Cook Book. MRS B. LUST.
Fasting for the Cure of Disease. MACFADDEN.
Fasting for the Cure of Disease. HAGGARD.
The Philosophy of Fasting. PURINTON.
Sun-Cooked Food. CHRISTIAN.

INDEX

A

Acetic acid, 50
Acid fruits and starch, 122
Action of vinegar, 115
Acute diseases, 60, 73
Allopathy, 24
Allopathy *v.* homeopathy, 18
Alteratives, 60, 73
Alteratives cause disease, 63
Animal magnetism in flesh, 93
Appetite and craving, 94, 108
Apples, 100a
Artificial disease, 59, 73
Artificial dyes in food, 56
" Ash," 96
Asparagus, 109
Asthma, 48

B

Bananas, 102, 103
Beans, French, 111
Beetroot, boiled, 109
Bier's hyperemia, 22
Bilz, Dr, 12
Black and white in the iris, 53
Blindness, 67
Blood as a healing agent, 22
Bones displaced by drugs, 80
Brain, 77, 81
Braun, Dr, 12, 13
Breakfast, 127
Breath culture, 24
Bright's disease, 72
Bromides, 64
Brussels sprouts, 109
Bunge, Dr, 91
Buoyancy of mind, 11

C

Cabbage, 110
Calcium, 99
Calomel, 30
Calories, 93
Cancer, 47, 48, 62
Carbohydrates, 102
Carbonic acid, 91
Carrots, 110
Cauliflower, 110
Celery, 111
Cell action, 29, 30
Chiropractic, 77
Christian Science, 24, 25
Chronic disease, 14, 28
Cinchona, 66
Climatic influence, 69
Coal-tar products, 72
Colds, 49
Cold-water compresses, 17, 20, 21
Consciousness, deeps of, 26
Constructive principle, 10
Correct treatment, 23, 29
" Crisis," 28, 32, 35, 48, 52, 67
Cure, 14
Cure-all, 15

D

Deafness, 68
Density in the iris, 43

Desserts, 122
Diabetes, 77
Digestion of fried foods, 117
Digestive troubles, 65
Discovery of bathing, 12
Disease, 14
Drug disease, 64, 65, 73, 74
Drug therapy, 12, 14
" Dry diet," 21

E

Eating when tired, 104
Eggs, 100a
Eliminating salts, 95, 113
Elimination, 28, 30, 59
Emerson, R. W., 16
Epilepsy, 66
Expectant mother's diet, 103
Eye weakness, 67

F

Failures of Nature cure, 54
Failures of water cure, 23
Fasting, 32, 34, 35
Fear as the cause of disease, 68
Fighting symptoms, 14
Foods, negative, 91, 100a, 101
Foods, positive, 100a, 101
Fresh air may cause death, 53
Fried foods, 117
Fruit salads, 117

G

Grapes, 100a
" Great psychological crime," 26

H

Hahn, Dr, 18
Hahnemann, Dr, 18, 41, 46
Headache, 68, 72
Healing crisis, 28, 32, 35, 48, 52
Heat and water treatment, 17
Hensel, Dr, 91
Heredity, 44
Hermann, Dr, 63
Hiding symptoms, 14
Homeopathy, 23
Horses, learning from, 21
Hot baths, 45
Hot poultice, 17, 22
House cleaning, 28, 48, 52
How a compress works, 21
Hubbard, Elbert, 48, 90
Hypnotism, 26, 27

I

Ice baths, 23
Ice packs, 22
Impotency, 72
Individual treatment, 26
Infants, feeding of, 96
Inflammatory lesions, 49
Inoculation, 13
Insanity, 67
Iodine, 70
Iris at birth, 42
Iris, construction of, 42
Iron, 97
Irritant eliminators, 32
Itch, 46

K

Key to diagnosis to the eye, 51
Kneipp, Father, 12, 23
Koenig, Dr, 91
Kuhne, Louis, 12, 32

L

Lahmann, Dr, 32, 91
Lahn, Dr, 41

Latin names misleading, 57
Laxatives, 30
Lean beef, 100a
Lean meat diet, 102
Leeks on toast, 111
Liljequist, Rev. N., 66, 70
Lindlahr, Dr Henry, 15, 91
Locomotor ataxia, 64
Luetic disease, 63
Lumbago, 57

M

Magnetic influences, 22, 117
Marrow, 114
Massage, 11
Medical diagnosis, 37
Medical eliminators, 30
Medical experiment, 52
Medicinal action of drugs, 59
Menus, 125
Mercury, 60
Mercury *v.* iodine, 71
Mercury and syphilis, 62
Metaphysical diagnosis, 36
Microbes and disease, 52, 68, 69, 73, 86
Milk, 95
Milton, John, 128

N

Natural appetite, 94
Nature cure application, 24
Nature cure defined, 5, 10
Nature cure practice, 23, 24
Nature cure treatment of cancer, 48
Nature cure: what it is, 15
Nerve impingement, 78
Nervous distribution, 87
New thought, 24
Normal iris colour, 41

O

Onions, 111
Osler, Dr, on Nature cure, 11, 13
Osteopathy, 24, 83
Overeating, 115

P

Painless childbirth, 103
Parsnips, 112
Peas, 100a
Peas, green, 112
Peczley, Dr, 39
Perspiration, 32
Physical diagnosis, 37
Poison signs, 55
Poisons, where found, 56
Pork, 69
Potassium, 100
Potatoes, 112
Powders, headache, 72
Priessnitz, Vincent, 12, 16, 18, 21
Principles of Chiropractic, 77
Principles of Osteopathy, 83
Proteins, 102
Psora or itch spots, 46, 71
Psychic dangers, 26
Purgatives, 31

Q

Quinine, 23, 66, 74

R

Regenerative treatment, 29
Rheumatism, 57
Rotated subluxation, 77

S

Salads, 114
Salts, 33, 97-101
Savouries, 117
Schindler, Joseph, 18, 19
Schroth, Johann, 12, 16, 20
"Scientific" study of the water cure, 18
Sclerosis of the cord, 62, 64
Scurf rim, 45
Self-control, 27, 54
Shakespeare, 28
Sodium, 98
Soups, 105
Spinach, 100a, 113
Spinal analysis, 76
Still, Dr, 83
Stimulation, osteopathic, 89
Stock for soup, 105
Subluxation, 76, 78
Subluxation created by drugs, 80
Suggestive therapeutics, 26
Suppression, 13, 41, 48, 59, 61
Surgery, 13
Symptoms, fighting, 14
Syphilis, 62

T

Tea, 69
Teeth and diet, 114
Teeth, premature decay, 100
Temper, 67
Three sides of human entity, 24-26
Tilden, Dr, 91
Tomatoes, 113
Tropical diseases, 69, 70
Tuberculosis, 48
Turkish baths, 32
Turnips, 114
Typhoid, 11, 12, 13

U

Uncooked foods, 114

V

Vaccination, 42, 45
Value of iridiagnosis, 23
Vegetables, 108
Vegetarian diet, 24, 91-93
Vegetarian immunity, 69
Venereal diseases, 63
Vinegar, action of, 80
Vision, disorders of, 68
Vitamines, 95

W

Walnuts, 100a
Water cure, 15, 18
Water, misuse of, 35
When to salt, 105
White flour, 100a
White sauce, 114
Whitman, Walt, 6
Wholewheat flour, 100a
Wordsworth, 55